

Concussion Information

www.howardcountymd.gov/concussion.htm

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

What are some warning signs of a concussion? — For Immediate Attention Call 911

Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What should you do if you think a concussion has occurred?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Legally, you must keep your child out of play until medically cleared by a qualified health care provider.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Inform all coaches about any recent concussions.

Coaches should know if your child has had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Help your child return to sports safely after a concussion.

As symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to activities after a concussion may need to

- Take rest breaks as needed
- Spend fewer hours at activities
- If in doubt, sit it out!

Consider getting a baseline test performed before a concussion occurs.

Righttime Medical Care, HeadFirst Sports Injury and Concussion Care is an innovative community program for young athletes, their families, physicians, coaches and athletic trainers in the education and evaluation of concussions, baseline testing and navigation to appropriate care in the unfortunate event a young athlete sustains a Traumatic Brain Injury.

One tool that assesses the symptoms of concussion is the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) test. ImPACT is a computerized exam that measures cognitive brain function and reaction time of athletes 10 years of age and older. It can be administered to student athletes before an injury occurs to assess pre-injury cognitive function and reaction time. It's also used to measure the impact a concussion has on areas of brain function after an injury. Essentially, the ImPACT test is a preseason physical of the brain.

HeadFirst offers ImPACT baseline testing. This non-invasive test is set up in "video-game" style and takes about 25 minutes to complete. Righttime Medical Care's HeadFirst program also offers free baseline tests to athletes ages 10 & up who currently participate in Howard County Recreation & Parks programs. ImPACT testing is offered by appointment at the following locations. Info/appointment: 888-808-6483 or www.myheadfirst.com.

6334 Cedar Lane, Columbia, MD 21044
18045 Georgia Avenue, Olney, MD 20832
2401 Brandermill Boulevard, Gambrills, MD 21054

Sudden Cardiac Arrest

www.howardcountymd.gov/suddencardiacarrest.htm

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. Student athletes' risk of SCA is nearly four times that of non-athletes due to increased demands on the heart during exercise. SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

Warning Signs of SCA

- SCA strikes immediately.
- SCA should be suspected in any athlete who has collapsed and is unresponsive.
 - No response to tapping on shoulders
 - Does nothing when asked if he/she is OK
- No pulse

Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates.
- Recognize SCA.
- Call 911 immediately and activate EMS.
- Administer CPR.
- Use Automatic External Defibrillator (AED).

Warning Signs of Potential Heart Issues: The following need to be further evaluated by your primary care provider.

Risk of Inaction: Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

How Can We Minimize The Risk of SCA & Improve Outcomes?

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition and treatment strategies. One way to minimize risk is through an annual pre-participation screening evaluation, often called a sports physical, performed by the athlete's medical provider.

1. There is a "Pre-Participation Physical Evaluation Form" available at <http://www.mpssaa.org/healthandsafety/forms.asp>.
2. Since the majority of these conditions are inherited, be aware of your family history, especially if any close family member:
 - a. had sudden unexplained and unexpected death before the age of 50.
 - b. was diagnosed with any of the heart conditions listed above.
 - c. died suddenly/unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.
3. Take seriously the warning signs and symptoms of SCA. Athletes should notify their parents, coaches, or school nurses if they experience any of these warning signs or symptoms.
4. Schools in Maryland have AED policies and emergency preparedness plans to address SCA and other emergencies in schools. Be aware of your school's various preventive measures.
5. If a cardiovascular disorder is suspected or diagnosed based on the comprehensive pre-participation screening evaluation, a referral to a child heart specialist or pediatric cardiologist is crucial. Such athletes should stop playing sports pending further evaluation and clearance by their medical providers.

Info from American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org) and the Sudden Cardiac Arrest Foundation (www.sca-aware.org).

Sports

• Superintendent: Allan Harden, 410-313-4652.

Coaches' and Administrator's Registry

All children's sports coaches and administrators (volunteer or paid) are members of the Coaches' and Administrator's Registry. Membership requirements include:

- Annual National background screening
- American Sport Education Program certification
- Concussion and Cardiac Arrest awareness training
- Membership badge with photo and membership expiration date to be displayed by coach on field/court

League Refund Policy

Unless otherwise directed in the community sport program description, a 20% administrative fee is deducted for all refund requests more than four (4) weeks prior to league starting; a 50% refund if withdrawal requested more than two (2) weeks prior to league starting; no refunds are given less than two (2) weeks prior to the start of the league. Registration is accepted on a first-come, first-served basis up to the registration deadline listed in each league description. Additional teams may be accepted at the league commissioner's discretion.

Aquatics

- Swimming lessons emphasize skills needed to be safe in an aquatic environment. All our instructors have been trained at our facility and are knowledgeable about the programs we teach.
- Be sure to register your child for the appropriate level. If space allows, a participant may be moved to a lower or more advanced level at the discretion of the swim lesson coordinator.
- For multiple sessions, register your child in the same course for a minimum of two sessions. Children often require more than one session to master the skills needed to proceed to the next level.
- Parents and guardians are not permitted to assist child during the lesson, except for the parent-child or Therapeutic Recreation classes. Accompanying adult for children under 13 must remain at the facility.
- Read Concussion & Sudden Cardiac Arrest info on pages 71 and 72. Your family's review of this info is required by law before you're allowed to register for sports/swim programs.
- Info: Todd Holmes, 410-313-2765.

Lessons: Youth (0-18 yrs)

Baby Water Play: Parent/Child 6 mos-3 yrs / 8 classes, start dates below / \$64

Parents learn how to work safely with their child in the water, including how to appropriately support and hold their child. With an adult, children explore submerging, buoyancy, and entering and exiting safely. Children begin to glide on the front and back with assistance and change body position in the water. Swimming diapers and rubber shorts must be worn.

Roger Carter Comm Ctr - Pool

RP4007.501	Sep 15	5-5:20 PM	Tu & Th
RP4007.502	Sep 15	5:30-5:50 PM	Tu & Th
RP4007.503	Oct 20	5-5:20 PM	Tu & Th
RP4007.504	Oct 20	5:30-5:50 PM	Tu & Th



Enjoy swim classes with your child starting at six months!

Preschool Swimming 4-5 yrs / 8 classes, start dates below / \$64

Level 1

Your child becomes familiar with the aquatic environment and learns basic water skills such as water entry and exit, breath control, buoyancy, treading and swimming on the front and back with support. This class creates the foundation for safe practices.

Level 2 (must have passed Level 1)

Children become more independent through more advanced fundamentals of water entry and exit, breath control, buoyancy, treading and swimming on the front and back with assistance as needed.

Level 3 (must have passed Level 2)

Children practice independent water entry and exit, breath control, buoyancy, treading and swimming on the front and back at a more proficient level. Emphasis is on improved coordination of combined simultaneous and alternating arm and leg actions.

Roger Carter Comm Ctr - Pool

RP4009.501	Level 1	Sep 15	6-6:20 PM	Tu & Th
RP4009.502	Level 1	Oct 20	6-6:20 PM	Tu & Th
RP4010.501	Level 2	Sep 15	7:15-7:35 PM	Tu & Th
RP4010.502	Level 2	Oct 20	7:15-7:35 PM	Tu & Th
RP4011.501	Level 3	Sep 15	7:40-8:10 PM	Tu & Th
RP4011.502	Level 3	Oct 20	7:40-8:10 PM	Tu & Th

Aqua Kids

6-10 yrs / 8 classes, start dates below / \$74

Level 1

In this introduction to swimming, children learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught.

Level 2 (must have passed Level 1)

Children learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Children learn how to float without support and recover to a standing position. Deep-water safety is introduced.

Level 3 (must have passed Level 2)

Build on your skills and begin scissor and dolphin kicks, survival float, front crawl and elementary backstroke. Children begin to learn head-first entries.

Roger Carter Comm Ctr - Pool

RP4012.501	Level 1	Sep 16	5-5:30 PM	W & F
RP4012.502	Level 1	Oct 21	5-5:30 PM	W & F
RP4013.501	Level 2	Sep 16	5:30-6 PM	W & F
RP4013.502	Level 2	Oct 21	5:30-6 PM	W & F
RP4014.501	Level 3	Sep 16	5:30-6 PM	W & F
RP4014.502	Level 3	Oct 21	5:30-6 PM	W & F



Refine your stroke at the Roger Carter Community Center pool.

Learn to Swim

11-15 yrs / 8 classes, start dates below / \$74

Beginner

Learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught. Learn how to float without support and recover to a standing position.

Intermediate

Build on fundamentals of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Deep water safety is introduced. Begin scissor and dolphin kicks, survival float, front crawl and elementary backstroke. Start to learn head-first entries.

Roger Carter Comm Ctr - Pool

RP4015.501	Beg	Sep 16	6:30-7 PM	W & F
RP4015.502	Beg	Oct 21	6:30-7 PM	W & F
RP4016.501	Int	Sep 16	6:30-7 PM	W & F
RP4016.502	Int	Oct 21	6:30-7 PM	W & F

Private Lessons (3 yrs +)

Private/Semi-Private Swim Lessons

3 yrs + / Ongoing after Oct 14 / Prices below

Each lesson lasts 30 minutes and is customized to fit individual needs and swimming abilities. Private lessons include one participant to one instructor; semi-private lessons include up to three participants to one instructor. Lessons are not transferrable. Registration for lessons is first-come, first-served. All lessons must be scheduled at the time of registration in person or over the phone.

Roger Carter Comm Ctr - Pool

RP4020.501	4 lessons (Private)	\$132
RP4020.501	8 lessons (Private)	\$231
RP4020.502	4 lessons (Semi-private)	\$172
RP4020.502	8 lessons (Semi-private)	\$301

Swim Team: Youth (6-18 yrs)

Swim Team Training

6-18 yrs / 8 classes, start dates & prices below

Pre-Swim Team Skills (PS)

In this stroke improvement course, work on the front crawl and elementary backstroke for longer distances and be introduced to sidestroke, back crawl, breaststroke and butterfly. The basics of turning at the wall and diving are presented. This is the perfect course for those interested in swim team!

Prerequisite: 25-yard freestyle and 25-yard backstroke.

Rec Swim League (RS)

Thinking about swim team? This recreational league teaches you the basics of competing. Practices are one hour, twice a week, for four weeks.

Prerequisite: 25-yard freestyle, 25-yard backstroke and 25-yard breaststroke.

Stroke and Turn Clinic (ST)

Are you already a competitive swimmer? Work on perfecting each stroke and learn flip turns for continuous swimming for competitions and triathlons.

Prerequisite: 50-yard freestyle, 50-yard backstroke and 25-yard breaststroke.

Roger Carter Comm Ctr - Pool

RP4018.501	(PS)	6-18 yrs	Sep 15	7-7:30 PM	Tu & Th	\$74
RP4018.502	(PS)	6-18 yrs	Oct 21	7-7:30 PM	Tu & Th	\$74
RP4022.501	(RS)	6-18 yrs	Sep 14	5-7 PM, M & 7-9 AM, Sa		\$104
RP4024.501	(ST)	10 yrs +	Sep 20	6:30-7:30 PM	Su	\$92

Lessons & Drop-In: Adults (18 yrs +)

Adult Swim Lessons

18 yrs + / 8 classes, start dates below / \$74

Beginner

This course is intended for adults who never learned how to swim or want to build on basic fundamentals of swimming. Entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught.

Stroke Refinement

Looking to refine and hone your stroke and turn skills? This course is intended for adults with intermediate swimming skills who would like to refine their stroke and breathing skills for continuous swimming. Freestyle, backstroke, breaststroke and rhythmic breathing are heavily emphasized.

Roger Carter Comm Ctr - Pool

RP4019.501	Beg	Sep 14	8:15-8:45 PM	M & W
RP4019.502	Beg	Oct 19	8:15-8:45 PM	M & W
RP4023.501	Stroke Ref.	Sep 15	8:15-8:45 PM	Tu & Th
RP4023.502	Stroke Ref.	Oct 20	8:15-8:45 PM	Tu & Th

NEW! Masters Swim Drop-In

18 yrs + / 16 classes starting Sep 14 / Free, Fit4U members; \$10 per class, nonmembers

This drop-in class is for advanced swimmers who want to fine tune the four competitive strokes (freestyle, backstroke, butterfly, and breaststroke).

This structured aquatic workout challenges swimmers to improve form and endurance and/or train for specific goals. *Masters Swim* promotes an active and healthy lifestyle and the ability to practice with an organized group.

Nonmember fee includes daily swim pass.

Roger Carter Comm Ctr - Pool 7-7:40 PM M & W

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

Guarding & Certifications

Lifeguard Training

15 yrs + / 1 wk starting Oct 12 / \$205

Prepare to save lives and make a difference in your community! Learn the skills necessary to prevent and respond to aquatic emergencies. Specific pre-course swimming requirements available when registering. Lifeguard participant manuals are provided upon successful completion of the pre-course. You must attend every class, successfully complete required skills and pass written exams to receive the Red Cross certifications for 2 years in Lifeguarding/First Aid and CPR/AED for the professional rescuer. This 25-hour course takes place over seven days and includes classroom and in-water activities. You must be prepared to swim at all classes.

RP4002.501 Roger Carter Comm Ctr 5:30-9:30 PM, M-F & 9 AM-5 PM, Sa & Su

Lifeguard Review

15 yrs + / 3 days starting Sep 8 / \$125

Re-certify in just 10.5 hours! This course is for those who are currently certified in Lifeguarding/First Aid and CPR/AED. This is a competency test of skills with limited review with an instructor. You must provide copies of current certifications upon registration. Upon successful completion of the challenge, you gain 2-year certifications for Lifeguarding/First Aid and CPR/AED for the professional rescuer.

RP4003.501 Roger Carter Comm Ctr 5:30-9 PM Tu-Th

Badminton

Youth Badminton

9-14 yrs / 8 classes starting Sep 14 / \$70

Boys and girls learn the fun, fast-paced game of badminton. Each week, you learn skills and game concepts through games and activities and compete in matches. Racquets and shuttlecocks are provided.

Info: Will Dunmore, 410-313-1697.

RP6830.501 Meadowbrook Ath Comp 6-7:30 PM M

Adult Badminton

18 yrs + / 14 or 15 classes, start dates below / \$60

Play badminton during the day or at night! Join other badminton players of all ability levels in singles and doubles matches. The Meadowbrook Athletic Complex has courts set up during the designated times. A leader is on site to help assign players to matches. Bring your own racquets and shuttlecocks. (No classes 11/26.) Info: Will Dunmore, 410-313-1697 (evening session); Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov (morning session).

Meadowbrook Ath Comp

RP6830.511 14 classes Sep 14 7:30-10 PM M

RP6830.521 15 classes Sep 3 10 AM-noon Th

Baseball & Tee Ball

• Info: Brian Wyman, 410-313-4705 or
bwyman@howardcountymd.gov. (unless otherwise noted)

Youth (3-18 yrs)

Tiny Tykes Tee Ball

3-4 yrs / 6 classes, start dates in next column / \$75

Batter up! Nobody strikes out and everyone hits home runs! Our age-appropriate equipment and activities are designed to provide a successful introduction to the skills of batting, catching, throwing, and base running. Parents are encouraged to follow the coach's instructions to assist in the games and activities with your child. (No class 9/7, 9/14, 9/23, 11/23-28.)



The fast and head-turning sport of Badminton comes to the MAC.

Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Session One

RP6053.501	Meadowbrook Ath Comp	Aug 31	1:30-2:15 PM	M
RP6053.502	Gorman Crossing ES	Aug 31	5:30-6:15 PM	M
RP6053.503	Meadowbrook Ath Comp	Sep 8	10:30-11:15 AM	Tu
RP6053.504	Gary J Arthur Comm Ctr	Sep 8	1:30-2:15 PM	Tu
RP6053.505	Veterans ES	Sep 9	5:30-6:15 PM	W
RP6053.506	Cedar Lane Pk West	Sep 10	12:30-1:15 PM	Th
RP6053.507	N Laurel Comm Ctr	Sep 11	9:30-10:15 AM	F
RP6053.508	Hollifield Station ES	Sep 12	9:30-10:15 AM	Sa
RP6053.509	Waterloo ES	Sep 12	1:30-2:15 PM	Sa

Session Two

RP6053.510	Waterloo ES	Oct 26	5:30-6:15 PM	M
RP6053.511	Gary J Arthur Comm Ctr	Oct 27	12:30-1:15 PM	Tu
RP6053.512	Meadowbrook Ath Comp	Oct 27	1:30-2:15 PM	Tu
RP6053.513	Veterans ES	Oct 28	6:30-7:15 PM	W
RP6053.514	N Laurel Comm Ctr	Oct 30	12:30-1:15 PM	F
RP6053.515	Guilford ES	Oct 31	9:30-10:15 AM	Sa
RP6053.516	Dayton Oaks ES	Oct 31	1:30-2:15 PM	Sa
RP6053.517	Waterloo ES	Oct 31	2:30-3:15 PM	Sa

Kiddie Tee Ball

5-6 yrs / 6 classes, start dates below / \$47

Learn the fundamentals of baseball in this exciting clinic. Coaches have extensive training and focus on developing the necessary skills. Players learn to catch, throw, field ground balls, hit, and run the bases in a variety of drills and mini-games. Bring a glove; other equipment is provided. (No class 9/7, 9/14, 9/23.)

RP6054.501	Centennial Lane ES	Sep 21	4:25-5:25 PM	M
RP6054.502	Bellows Spring ES	Sep 8	5:05-6:05 PM	Tu
RP6054.503	St. John's Lane ES	Sep 9	4:25-5:25 PM	W
RP6054.504	Fulton ES	Sep 10	5:05-6:05 PM	Th



The Columbia Baseball League keeps growing. Join us in the fall!

After-School Baseball

6-8 yrs / 6 classes, start dates below / \$47

Learn the fundamentals of baseball in this exciting clinic. Coaches have extensive baseball training and focus on developing the necessary skills. Players learn to catch, throw, field ground balls, hit, and run the bases through a variety of drills and mini-games. Bring your glove, all other equipment is provided. (No class 9/7, 9/14, 9/23.)

RP6057.501	Centennial Lane ES	Sep 21	3:20-4:20 PM	M
RP6057.502	Belhows Spring ES	Sep 15	4-5 PM	Tu
RP6057.503	St. John's Lane ES	Sep 9	3:20-4:20 PM	W
RP6057.504	Fulton ES	Sep 10	4-5 PM	Th

Leagues (4-18 yrs)

Columbia Baseball League - Fall

4-12 yrs / 8 wks, start dates & prices below

Come join the CBL this fall for some exciting, fast-paced baseball. The league features a weeknight practice and a weekend game. You can specify practice nights when you register. Baseball games are on Saturdays, between 9 AM and 4 PM. Tee ball games are on Sundays, between 9 AM and 4 PM. Fee includes shirt and hat. Practices and games are held at schools in Columbia. Volunteer coaches needed.

Tee Ball / Sep 13

RP5990.501	4 yrs	9 AM-4 PM	Su	\$125
RP5990.502	5-6 yrs	9 AM-4 PM	Su	\$125

Baseball / Sep 12

RP5990.511	6-8 yrs	9 AM-4 PM	Sa	\$135
RP5990.521	9-10 yrs	9 AM-4 PM	Sa	\$135

Baseball Alliance / Sep 13

RP5990.531	11-12 yrs	Noon-4 PM	Su	\$135
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Western Howard County Youth Baseball & Softball League (WHCYBSL)

6-18 yrs / 8 wks starting Sep 13 / \$85, \$75 each additional child

WHCYBSL provides tee ball, baseball and fast pitch softball leagues to families in Western Howard County, Columbia, and Clarksville. Howard County Recreation & Parks is contracted to provide administrative services to WHCYBSL. Registration deadline is September 4. Info www.whcsports.com.

Fall Baseball

Continue to fine tune your baseball skills with WHC Fall Baseball! The fall schedule consists of one practice per week (specific night depends on coach/team placement) and games to be held on Sunday. All players receive a team jersey, hat and socks. Baseball players are required to provide/wear gray baseball pants, cleats and a glove. Opening Day is September 13; the season ends on October 25. Game locations are primarily at Western Regional Park, but are also held at other Howard County locations.

RP5981.501	6-8 yrs	RP5981.531	13-14 yrs
RP5981.511	9-10 yrs	RP5981.541	15-18 yrs
RP5981.521	11-12 yrs		

Fall Fast Pitch Softball

Continue to fine tune your softball skills with WHC Fall Fast Pitch Softball! The fall schedule consists of one practice per week (specific night depends on coach/team placement) and games to be held on Saturday. All players receive a team jersey, hat and socks. Softball players provide their own pants (color determined by coach), cleats and a glove. Bats and softball helmets are provided in the team equipment; a personal bat/helmet are optional. Opening Day is September 13; the season ends on October 24. Game locations are primarily at Western Regional Park.

RP5982.501	6-8 yrs	RP5982.531	13-14 yrs
RP5982.511	9-10 yrs	RP5982.541	15-18 yrs
RP5982.521	11-12 yrs		

Adults (18 yrs +)

Adult Softball Leagues

(Team registration only)

Visit www.howardcountymd.gov/softball.htm for information.

Basketball

Youth Instruction (3-13 yrs)

Little Tykes Hoops: Basketball

3-4 yrs / 6 classes, start dates below / \$75

In this class, having fun is sure to be a slam dunk! Children are introduced to beginner basketball concepts such as dribbling, passing and shooting through a curriculum of exciting and fun-filled games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 9/7, 9/14, 9/23, 11/23-28.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Session One

RP6086.501	Gary J Arthur Comm Ctr	Aug 31	1:30-2:15 PM	M
RP6086.502	Meadowbrook Ath Comp	Sep 8	9:30-10:15 AM	Tu
RP6086.503	Cedar Lane Pk East	Sep 8	6-6:45 PM	Tu
RP6086.504	N Laurel Comm Ctr	Sep 8	6-6:45 PM	Tu
RP6086.505	N Laurel Comm Ctr	Sep 9	12:30-1:15 PM	W
RP6086.506	Cedar Lane Pk East	Sep 10	10:30-11:15 AM	Th
RP6086.507	N Laurel Comm Ctr	Sep 11	12:30-1:15 PM	F

Session Two

RP6086.508	Gary J Arthur Comm Ctr	Oct 26	1:30-2:15 PM	M
RP6086.509	N Laurel Comm Ctr	Oct 27	5-5:45 PM	Tu
RP6086.510	N Laurel Comm Ctr	Oct 28	12:30-1:15 PM	W
RP6086.511	Meadowbrook Ath Comp	Oct 29	10:30-11:15 AM	Th
RP6086.512	N Laurel Comm Ctr	Oct 29	6-6:45 PM	Th

Kiddie Basketball

5-7 yrs / 6 classes, start dates & prices below

Come learn the sport of basketball in this perfect introductory clinic. Players work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. Meet in the gym.

(No class 9/7, 9/14, 9/23, 11/23-26.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 min / \$43

RP6080.501	Meadowbrook Ath Comp	Sep 21	5:05-6 PM	M
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60 min / \$47

RP6080.502	Hollifield Station ES	Sep 8	4:25-5:25 PM	Tu
RP6080.503	N Laurel Comm Ctr	Sep 9	5-6 PM	W
RP6080.504	Ducketts Lane ES	Sep 10	4:30-5:30 PM	Th
RP6080.505	Fulton ES	Sep 21	5-6 PM	M
RP6080.506	Pointers Run ES	Sep 8	5-6 PM	Tu
RP6080.507	Elkridge ES	Sep 9	5-6 PM	W
RP6080.508	Bushy Park ES	Sep 10	4:55-5:55 PM	Th
RP6080.511	Bushy Park ES	Nov 2	4:55-5:55 PM	M
RP6080.512	Cradlerock ES	Nov 3	3:55-4:55 PM	Tu
RP6080.513	West Friendship ES	Nov 4	4:55-5:55 PM	W
RP6080.514	Veterans ES	Nov 5	5-6 PM	Th
RP6080.515	Gorman Crossing ES	Nov 2	5-6 PM	M
RP6080.516	Rockburn ES	Nov 3	4:30-5:30 PM	Tu
RP6080.517	Elkridge ES	Nov 4	5-6 PM	W
RP6080.518	Dayton Oaks ES	Nov 5	4:40-5:40 PM	Th

NEW! YBL Hoop Fest!

5-14 yrs / Nov 15 / Free

Enjoy an afternoon of basketball! This fun kickoff to the Winter Youth Basketball League (YBL; see next page for leagues) is the perfect opportunity for your player to experience the game and develop some fundamental basketball skills. The co-ed clinic is for players of all skill levels and features on-site program registration. Families are encouraged to attend. Limited spots available, must register in advance.

Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP6184.550	Meadowbrook Ath Comp	1-4 PM	Su
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Instructional Basketball League

6-10 yrs / 8 wks starting Sep 12 / \$76

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through activities and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Register by location.

Meet in the gym. Info: Brian Wyman, 410-313-4705 or

bwyman@howardcountymd.gov.

6-7 yrs Beginners

RP6082.501	Dayton Oaks ES	9-10 AM	Sa
RP6082.502	Forest Ridge ES	9-10 AM	Sa
RP6082.503	Jeffers Hill ES	9-10 AM	Sa
RP6082.504	Waverly ES	9-10 AM	Sa

7 yrs Advanced - 9½ yrs Beginners

RP6083.501	Dayton Oaks ES	10:15-11:15 AM	Sa
RP6083.502	Forest Ridge ES	10:15-11:15 AM	Sa
RP6083.503	Jeffers Hill ES	10:15-11:15 AM	Sa
RP6083.504	Waverly ES	10:15-11:15 AM	Sa

8½ yrs Advanced - 10 yrs

RP6084.501	Dayton Oaks ES	11:30 AM-12:30 PM	Sa
RP6084.502	Forest Ridge ES	11:30 AM-12:30 PM	Sa
RP6084.503	Jeffers Hill ES	11:30 AM-12:30 PM	Sa
RP6084.504	Waverly ES	11:30 AM-12:30 PM	Sa

After-School Basketball

8-10 yrs / 6 classes, start dates & prices below

School's over and it's time to play some basketball. In this clinic, boys and girls learn and develop fundamental skills such as dribbling, passing, shooting, defense and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues.

Meet in the gym. (No class 9/7, 9/14, 9/23, 11/23-26.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 min / \$43

RP6081.501	Meadowbrook Ath Comp	Sep 21	4:10-5:05 PM	M
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60 mins / \$47

RP6081.502	Hollifield Station ES	Sep 8	3:20-4:20 PM	Tu
RP6081.503	N Laurel Comm Ctr	Sep 9	4-5 PM	W
RP6081.504	Ducketts Lane ES	Sep 10	3:25-4:25 PM	Th
RP6081.511	Bushy Park ES	Nov 2	3:50-4:50 PM	M
RP6081.512	Cradlerock ES	Nov 3	2:50-3:50 PM	Tu
RP6081.513	West Friendship ES	Nov 4	3:50-4:50 PM	W
RP6081.514	Veterans ES	Nov 5	4-5 PM	Th

Super Hoops with Chuck Nagle

8-13 yrs / 6 classes starting Oct 11 / \$80

Girls and boys, hoops anyone? Coaches help you advance your basic skills and fundamentals through a variety of drills, exercises, games and scrimmages. Emphasis is on dribbling, passing, shooting, offensive, defensive positioning and teamwork. Basketball knowledge and playing experience is preferred.

Fee includes t-shirt. Meet in the gym. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6085.501	8-10 yrs	Hammond HS	1:30-3 PM	Su
RP6085.511	11-13 yrs	Hammond HS	3:15-4:45 PM	Su

NEW! Dribble, Pass, Shoot!

9-14 yrs / Nov 23 & 24 / \$15

Jumpstart your basketball season with this two-day clinic focusing on the fundamental skills of basketball! This clinic helps you get ready for the start of basketball season by concentrating on ball handling, passing, shooting, footwork, and court awareness. Players receive instruction on basketball rules and player development. The clinic is for players of all skill levels.

Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP6184.530	Boys	Meadowbrook Ath Comp	6-8 PM	M & Tu
RP6184.531	Girls	Meadowbrook Ath Comp	6-8 PM	M & Tu

Meadowbrook School's Out Basketball Camp

9-14 yrs / Dates below / \$57

School is out and Meadowbrook is open for action! This camp has all the excitement of an entire season packed into one fun-filled day. Players, you improve your skills and make new friends while enjoying a high-energy basketball experience. Throughout the day, our skilled coaches take you through creative drills, challenging exercises, and exciting games and scrimmages to help elevate your game. Camp ends with the camp tournament and the crowning of a camp champion! Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

RP7020.501	Sep 14	8:30 AM-5 PM	M
RP7020.502	Sep 23	8:30 AM-5 PM	W
RP7020.503	Oct 2	8:30 AM-5 PM	F
RP7020.504	Oct 16	8:30 AM-5 PM	F
RP7020.505	Nov 25	8:30 AM-5 PM	W

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



Can any team knock off the Zillas in the men's league?

Youth Leagues (5-18 yrs)

Youth Basketball League (YBL)

5-14 yrs / Fall and Winter Seasons

Boys and girls come have fun playing basketball while learning the fundamentals of the game! Focus on skill development, sportsmanship, basketball knowledge, and fun! Enjoy a "GoodSports" atmosphere through Certified Volunteer Coaches, league staff and facilities. League features one weeknight practice and one game per week. Every player is guaranteed to participate in each game. The YBL is for novice to experienced players who wish to learn while playing in a recreational atmosphere. Volunteer head coaches needed and volunteer assistant coaches welcomed.

Info: www.howardcountymd.gov/basketball.htm.

Fall Season

5-8 yrs / 7 games, practices start Sep 12 / \$82;

*\$52, head coach's child

One-hour games are on Saturdays between 8 AM-noon starting September 19. Players receive a participation award and a jersey. Coaches contact participants regarding practice days/times one week prior to program start. Registration deadline is August 28. Info/volunteer to coach: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

9-14 yrs / 6 games, practices start Sep 15 / \$110;

*\$55, head coach's child

One-hour, full-court, officiated games are on Fridays starting between 6-9 PM and the season ends with a single-elimination tournament. Specific details on practice and game times/locations are communicated after the preseason skills assessment on September 1, 2, or 3. Registration deadline is August 24. Info/volunteer to coach: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp & Roger Carter Comm Ctr

RP5600.501	5-6 yrs	Co-ed	RP5600.502	7-8 yrs	Co-ed
RP5600.511*	5-6 yrs	Co-ed	RP5600.512*	7-8 yrs	Co-ed
RP6184.501	9-10 yrs	Co-ed	RP6184.502*	9-10 yrs	
RP6184.511	11-12 yrs	Co-ed	RP6184.512*	11-12 yrs	
RP6184.521	13-14 yrs	Co-ed	RP6184.522*	13-14 yrs	

Note: 9-14 yrs practices are also held at various HCPSS schools and N Laurel Comm Ctr.

Winter Season

5-8 yrs / 8 games, practices start Jan 9 / \$82;

*\$52, head coach's child

One-hour games are on Saturdays between 8 AM-noon starting January 16. Players receive a participation award and a jersey. Coaches contact participants regarding practice days/times one week prior to program start. Registration deadline is December 25. Info/volunteer to coach: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

9-14 yrs / 7 games, practices start Dec 14 / \$130;

*\$65, head coach's child

One-hour, full-court, officiated games are on Friday evenings or Saturdays and the season ends with a single-elimination tournament. Specific details on practice and game times/locations are communicated after the pre-season skills assessment on December 2, 3, or 9. Registration deadline is November 27. (The girls' divisions has the option of transferring to the co-ed division if there are not enough players for four teams per age division.) The 9-10 division's transitional clinic is on December 12. For winter season, teams from established organizations may be eligible to participate.

Info/volunteer to coach: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr

RP5600.601	5-6 yrs	Co-ed	RP5600.602	7-8 yrs	Co-ed
RP5600.611*	5-6 yrs	Co-ed	RP5600.612*	7-8 yrs	Co-ed
RP6184.601	9-10 yrs	Co-ed	RP6184.602	9-10 yrs	Girls
RP6184.603*	9-10 yrs		RP6184.611	11-12 yrs	Co-ed
RP6184.612	11-12 yrs	Girls	RP6184.613*	11-12 yrs	
RP6184.621	13-14 yrs	Co-ed	RP6184.622	13-14 yrs	Girls
RP6184.623*	13-14 yrs				

Note: 9-14 yrs practices are also held at various HCPSS schools.

Boys & Girls High School Basketball Leagues

Grades 9-12 / Fall and Winter Seasons

Info/volunteer to coach: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Fall Season

6 games starting Sep 26 / Prices below

Fine tune your skills before tryouts and the season! Coaches and players are encouraged to register as a school team. The Department forms teams from individual registrants. Games played on Saturdays at the Meadowbrook Athletic Complex with start times between 9 AM-3 PM. For individual registrants, the preseason skills assessment is on September 19. Registration deadline is September 14.

Meadowbrook Ath Comp / Team Registration / \$450

RP6403.501	Boys Varsity	RP6403.505	Girls Varsity
RP6403.502	Boys Jr. Varsity	RP6403.506	Girls Jr. Varsity

Meadowbrook Ath Comp / Individual Registration / \$65

RP6403.503	Boys	RP6403.507	Girls
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Winter Season

6 games starting Jan 16 / \$75

Bring your basketball skills on Saturday evenings to the Meadowbrook Athletic Complex for this exciting league! Players who did not have the opportunity or the time to commit to their high school teams play in competitive league games throughout the winter season. Players register as individuals and the league staff form teams and assign coaches. The league consists of six regular season games and ends with a single-elimination tournament. Specific details on team assignments and game times are communicated after the preseason skills assessment on January 9. Registration deadline is January 4.

RP6403.601	Boys	Meadowbrook Ath Comp or N Laurel Comm Ctr
RP6403.602	Girls	Meadowbrook Ath Comp or N Laurel Comm Ctr

Adults (18 yrs +)

• *League Refund Policy* Page 73

Fall & Winter League Basketball

18 yrs + / 8 wks, start dates below / \$600

Pull down some boards, tickle the twine or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental and administration. Games are played at Meadowbrook Athletic Complex, North Laurel Community Center and Roger Carter Community Center. Info: Mark Pendleton, 410-313-4703

or mpendleton@howardcountymd.gov.

Men's Fall League Basketball

Register by August 21. Register by August 7 to receive a 5% discount.

RP5080.501	Sep 8	8:15-10:30 PM	Tu
RP5080.502	Sep 8	8:15-10:30 PM	Tu (30 yrs +)
RP5080.503	Sep 9	8:15-10:30 PM	W
RP5080.504	Sep 10	8:15-10:30 PM	Th

Women's Fall League Basketball

Register by August 21. Register by August 7 to receive a 5% discount.

RP5080.505	Sep 10	8:15-10:30 PM	Th
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Co-Rec Fall League Basketball

Register by August 21. Register by August 7 to receive a 5% discount.

RP5080.506	Sep 9	8:15-10:30 PM	W
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Men's Winter League Basketball

Register by December 11. Register by December 4 to receive a 5% discount.

RP5080.601	Jan 5	8:15-10:30 PM	Tu
RP5080.602	Jan 5	8:15-10:30 PM	Tu (30 yrs +)
RP5080.603	Jan 6	8:15-10:30 PM	W
RP5080.604	Jan 7	8:15-10:30 PM	Th

Women's Winter League Basketball

Register by December 11. Register by December 4 to receive a 5% discount.

RP5080.605	Jan 7	8:15-10:30 PM	Th
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Co-Rec Winter League Basketball

Register by December 11. Register by December 4 to receive a 5% discount.

RP5080.606	Jan 6	8:15-10:30 PM	W
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Winter Classic 3 on 3 Basketball Tournament

18 yrs + / Dec 12 / \$105

This 3-on-3 tournament crowns a new champion in Howard County. Group and elimination rounds take place on Saturday. Teams provide uniforms. Fee includes four-game minimum, referees, awards, and administration. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP5605.601	Roger Carter Comm Ctr	8 AM-4:30 PM	Sa
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Drop-In Co-Rec Basketball

18 yrs + / 10 wks, start dates below / \$44

Join other athletes of all ability levels for basketball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff help form balanced teams. Driver's license required for admission. Refer to the Get Active Package (page 9) if you are interested in playing more than once per week. Note: Some gyms may be canceled by the third meeting due to insufficient registration or attendance. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP6900.501	18 yrs +	Rockburn ES	Sep 14	8-10 PM	M
RP6900.502	18 yrs +	Meadowbrook Ath Comp	Sep 16	9-11 PM	W
RP6900.511	30 yrs +	Bonnie Branch MS	Sep 14	8-10 PM	M
RP6900.512	30 yrs +	Bonnie Branch MS	Sep 17	8-10 PM	Th
RP6900.513	30 yrs +	Reservoir HS	Sep 15	8-10 PM	Tu
RP6900.514	30 yrs +	Reservoir HS	Sep 17	8-10 PM	Th
RP6900.515	30 yrs +	Lisbon ES	Sep 15	8-10 PM	Tu



Cricket comes to Howard County with our Wicket Fun program.

Coaching Instruction

Coaching Youth Sports

16 yrs + / Dates below / \$27

Become a more effective coach. (You must complete this course in order to coach in a Recreation & Parks program.) This class includes discussion of and exercises on coaching outlook, sending positive, consistent messages, teaching sport skills, planning practices, managing risk and creating a safe environment. Complete the one-night course and pass a written exam to receive an American Sport Education Program (ASEP) Coaching Certificate. Youth sports associations nationwide endorse ASEP. Fee includes one sport-specific book on baseball, basketball, football, gymnastics, hockey, lacrosse, soccer, softball, swimming, tennis, volleyball or wrestling; indicate choice when registering. Info: Will Dunmore, 410-313-1697.

Rec & Parks HQ

RP6990.501	Aug 13	7-10 PM	Th
RP6990.502	Sep 1	7-10 PM	Tu
RP6990.503	Sep 24	7-10 PM	Th
RP6990.504	Oct 7	7-10 PM	W
RP6990.505	Nov 5	7-10 PM	Th
RP6990.506	Dec 9	7-10 PM	W

Cricket

Wicket Fun! Youth Cricket

5-14 yrs / 8 classes starting Sep 12 / \$85

Here is a chance to provide your child with a taste of what makes cricket the second-most popular sport worldwide! Participants receive specialized instruction on batting, bowling, fielding, and following the rules. No matter your level of experience, whether you have never played or have played for years, this instructional league ensures you leave a better cricket player! The program's focus is on skill development through drills, game rules and scrimmages. Program location to be determined. Info: Patrick McGinnis, 410-313-4716 or pmcginnis@howardcountymd.gov.

RP5976.501	5-10 yrs	TBD	9-11 AM	Sa
RP5976.502	11-14 yrs	TBD	9-11 AM	Sa

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

Dodgeball

After-School Dodgeball

7-10 yrs / 6 classes, start dates below / \$47

This is a great way for all ability levels to stay active, be a part of a team, and have fun! Learn and play variations of dodgeball. Worried about safety? We use foam balls (gator skin) that are designed for accuracy and minimize the risk of injury. Meet coaches in the gym. (No class 9/7, 9/14, 9/23, 11/23-26.)

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6200.501	Fulton ES	Sep 21	4-5 PM	M
RP6200.502	Pointers Run ES	Sep 8	4-5 PM	Tu
RP6200.503	Elkridge ES	Sep 9	4-5 PM	W
RP6200.504	Bushy Park ES	Sep 10	3:50-4:50 PM	Th
RP6200.511	Gorman Crossing ES	Nov 2	4-5 PM	M
RP6200.512	Rockburn ES	Nov 3	3:25-4:25 PM	Tu
RP6200.513	Elkridge ES	Nov 4	4-5 PM	W
RP6200.514	Dayton Oaks ES	Nov 5	3:35-4:35 PM	Th

Winter Dodgeball League

18 yrs + / 8 wks starting Jan 7 / \$280

Join the dodgeball craze! Anyone can play, no particular skill set required. Enthusiasm and teamwork are key. Rosters consist of a maximum of 12 players per team. Games are 6 vs. 6, with two females on the court at all times. Teams compete in regular season games with a postseason tournament at the conclusion of the season. For official rules, visit www.hcrpsports.com. Team registration deadline: December 11. Registration is on a first-come, first-served basis. Fee includes balls, awards, playoff officials and league administration. Each team is responsible for paying for one of the two game officials (\$20) on-site each week. See page 73 for refund policy. Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

RP5835.601	County Schools	8-10 PM	Th
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Events

Celebration of Sports *Page 15*

Fencing

Fencing with the Baltimore Fencing Center

8-12 yrs / 8 classes starting Sep 17 / \$110

Have you ever dreamed of clashing swords like the pirates of the Caribbean? Or wished you could be a steel-wielding musketeer? Work with the highly experienced instructors from Baltimore Fencing Center to try your hand at the exciting sport of fencing. Instructors use both traditional drilling techniques and games to help students learn basic footwork, bladework and bouting practices. The course finishes with an in-class tournament. Everyone is encouraged to join! Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP8840.501	Baltimore Fencing Ctr in Columbia	6-7 PM	Th
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CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



Move indoors for field hockey fun!

Field Hockey

• Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Introduction to Field Hockey

6-10 yrs / 6 classes starting Sep 13 / \$89

Tired of the same traditional sports? Want to experience a new challenge? Field hockey is the hottest craze and keeps growing in popularity! This introductory program provides youth with a strong foundation of skills that may lead into a lifetime of field hockey. The program focuses on a fun method of teaching skills through small games. The goal is to start young, have fun and love the game! Mouth guard, outdoor field hockey stick and shin guards are required. Field hockey sticks are provided on a limited basis (if needed). Please bring a reusable water bottle. Fee includes t-shirt, supplies and administration.

RP5266.501	Atholton HS	3:30-5 PM	Su
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Middle School Instructional Field Hockey Clinic

10-14 yrs / 6 classes starting Sep 13 / \$89

Novice and experienced players, come compete in this instructional recreational clinic. Program consists of fundamental instruction through drills and skill work. First hour of session is instruction, followed by scrimmages. Instructors are varsity field hockey coaches and players. Please bring a reusable water bottle. Mouth guard, stick, and shin guards are required. Fee includes t-shirt, supplies, and administration.

RP5260.501	Atholton HS	1-3 PM	Su
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Middle School Indoor Field Hockey Clinic

10-14 yrs / 6 classes starting Jan 10 / \$89

Do you love the game of field hockey? Indoor field hockey is a variant of outdoor field hockey. The small court and sideboards make indoor field hockey a quick and technical game. This clinic provides the basic fundamentals of indoor play. Develop vision on and off the ball, improve hand-eye coordination, ball handling and stick skills and gain a better understanding of tactics and set plays. Scrimmages are incorporated. Instructors are varsity field hockey coaches and players. Please bring a reusable water bottle. Mouth guard, indoor stick and shin guards are required. Outdoor sticks are not permitted. Fee includes t-shirt, supplies and administration.

RP5260.601	Meadowbrook Ath Comp	1-2:30 PM	Su
RP5260.602	Meadowbrook Ath Comp	2:30-4 PM	Su

Winter Indoor Field Hockey League

10½-17 yrs / 8 wks starting Dec 13 / \$880

Join this fast-paced league! Teams play on regulation-size courts with an optimal indoor playing surface. Compete in two 25-minute, 5 vs. 5 games per night. Indoor stick, mouth guard, and shin guards required. Outdoor sticks not permitted. Teams must have a goalie; goalies must provide own equipment. Registration includes team shirt, facilities and paid officials. Games are on Sunday afternoons/evenings. Only team registrations accepted. Individuals interested in playing may contact the league coordinator. Teams must have a manager or coach in our Coaches Registry. The league Director approves team registrations from community sports organizations and independent clubs upon application to ensure a competitive balance of play.

RP5268.601	10½-14 yrs	Meadowbrook Ath Comp	4-7 PM	Su
RP5269.601	14-17 yrs	Meadowbrook Ath Comp	6-10 PM	Su

Fitness

Beginner Strength Training

13-16 yrs / 8 classes, start dates below / \$99

Learn the basics of safe resistance training and the proper nutritional guidelines to strengthen and build muscle. This weight training class is designed for beginners looking to learn the most beneficial lifts, techniques, and rep ranges. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Small classes consisting of 4-8 participants allow instructors to focus on each individual. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP8567.501	Roger Carter Comm Ctr	Sep 22	6-7 PM	Tu
RP8567.502	N Laurel Comm Ctr	Sep 23	6-7 PM	W

Floor Hockey

• Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Kiddie Floor Hockey

5-7 yrs / 6 classes, start dates & prices below

Come learn how to play hockey! This first-time/beginner level class does not involve checking. Learn and improve skills, including puck/ball control, passing, shooting, teamwork and game play. Shin guards are recommended. Meet in the gym. (No class 9/7, 9/14, 9/23, 11/23-26.)

55 min / \$43

RP6265.501	Meadowbrook Ath Comp	Sep 8	5:05-6 PM	Tu
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60 min / \$47

RP6265.502	Lisbon ES	Sep 21	4:20-5:20 PM	M
RP6265.503	Hammond ES	Sep 9	4:40-5:40 PM	W
RP6265.504	Gorman Crossing ES	Sep 10	5-6 PM	Th
RP6265.511	Elkridge ES	Nov 2	5-6 PM	M
RP6265.512	Waterloo ES	Nov 3	5-6 PM	Tu
RP6265.513	Phelps Luck ES	Nov 4	4:30-5:30 PM	W
RP6265.514	Swansfield ES	Nov 5	4:25-5:25 PM	Th

After-School Floor Hockey

8-10 yrs / 6 classes, start dates & prices below & next column

This fast-paced, fun, beginner hockey class does not involve checking. Learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in the gym. Shin guards are recommended. (No class 9/7, 9/14, 9/23, 11/23-26.)

55 min / \$43

RP6263.501	Meadowbrook Ath Comp	Sep 8	4:10-5:05 PM	Tu
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NFL Flag football is fast-paced and competitive!

60 min / \$47

RP6263.502	Lisbon ES	Sep 21	3:15-4:15 PM	M
RP6263.503	Hammond ES	Sep 9	3:35-4:35 PM	W
RP6263.504	Gorman Crossing ES	Sep 10	4-5 PM	Th
RP6263.511	Elkridge ES	Nov 2	4-5 PM	M
RP6263.512	Waterloo ES	Nov 3	4-5 PM	Tu
RP6263.513	Phelps Luck ES	Nov 4	3:25-4:25 PM	W
RP6263.514	Swansfield ES	Nov 5	3:20-4:20 PM	Th

Football

Youth Instruction (5-10 yrs)

• Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Kiddie Flag Football

5-7 yrs / 6 classes, start dates below / \$47

Fall means football! Boys and girls wanting to learn or improve skills focus on the fundamentals of passing, catching, running routes and team play, all in a fun and exciting environment. Players apply their skills during scrimmages. Meet on the field. (No class 9/7, 9/14, 9/23.)

RP6030.501	Jeffers Hill ES	Sep 21	4:40-5:40 PM	M
RP6030.502	Elkridge ES	Sep 8	5-6 PM	Tu
RP6030.503	Thunder Hill ES	Sep 9	5-6 PM	W
RP6030.504	Lisbon ES	Sep 10	4:15-5:15 PM	Th

After-School Flag Football

8-10 yrs / 6 classes, start dates below / \$47

Fall means football! Boys and girls learn and improve skills by focusing on the fundamentals of passing, catching, running routes and team play, all in a fun and exciting environment. Players apply their skills during scrimmages. Meet outside school office; coaches escort players to field. (No class 9/7, 9/14, 9/23.)

RP6031.501	Jeffers Hill ES	Sep 21	3:35-4:35 PM	M
RP6031.502	Elkridge ES	Sep 8	4-5 PM	Tu
RP6031.503	Thunder Hill ES	Sep 9	4-5 PM	W
RP6031.504	Lisbon ES	Sep 10	3:15-4:15 PM	Th



Adults, show off your flag football skills in our league.

Youth Leagues (5-15 yrs)

• Info: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

Flag Football Winter on the Turf

5-14 yrs / 9 wks, start dates below / \$120; *\$80, head coach's child
Boys and girls, play 50-minute games on the turf field inside the Volleyball/Soccer House in Elkridge. Novices to experienced players learn and play the sport in a safe, fun environment. Scrimmage/games are 7-on-7 and non-contact. Practice and games are up to one hour, once a week, beginning December 12. The first three weeks are clinic/practice. Games begin January 9. (No practices 12/24-1/1.) Volunteer head coaches are needed and their child receives a discount and a guaranteed spot on parent's team. Fee includes t-shirt and medal. Registration deadline is January 4.

5-6 yrs / Volleyball House & Soccer Arena / 5:30-7 PM / Th

RP6305.601 | RP6305.602*

7-9 yrs / Volleyball House & Soccer Arena / 10 AM-1 PM / Sa

RP6305.611 | RP6305.612*

9-12 yrs / Volleyball House & Soccer Arena / 1-4 PM / Sa

RP6305.621 | RP6305.622*

10-14 yrs / Volleyball House & Soccer Arena / 7-9 PM / Th

RP6305.631 | RP6305.632*

NFL Flag Football League

5-15 yrs / 9 wks starting Aug 29 / \$100; *\$65, head coach's child
Boys and girls, come play flag football while working on basic skills. Fifty-minute games are 5-on-5 and non-contact. Games played on Saturdays at Hollifield ES beginning September 12. Games are one hour, between 8:30 AM-5 PM. The Department forms teams; special requests not guaranteed. Fee includes team shirt and participation award. Coaches contact participants regarding practice day/time one week before practice begins. Indicate when registering if you cannot practice on a particular day. Head coaches are needed and their child receives a discount and a guaranteed spot on parent's team.

5-6 yrs / Hollifield ES / 8:30-10:30 AM

This is a Saturday morning program only. No weeknight practices.

RP6300.501

RP6300.502*

7-15 yrs

Practices are one hour, once a week on a weeknight, starting at least one week before games begins. Register by practice location.

Columbia

RP6300.511	7-8 yrs	RP6300.512*	7-8 yrs
RP6300.521	9-12 yrs	RP6300.522*	9-12 yrs
RP6300.531	12-15 yrs	RP6300.532*	12-15 yrs

Dayton Oaks

RP6300.517	7-8 yrs	RP6300.518*	7-8 yrs
RP6300.525	9-12 yrs	RP6300.526*	9-12 yrs
RP6300.535	12-15 yrs	RP6300.536*	12-15 yrs

Elkridge

RP6300.515	7-8 yrs	RP6300.516*	7-8 yrs
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Ellicott City

RP6300.513	7-8 yrs	RP6300.514*	7-8 yrs
RP6300.523	9-12 yrs	RP6300.524*	9-12 yrs
RP6300.533	12-15 yrs	RP6300.534*	12-15 yrs

Adult Leagues (18 yrs +)

• Info: 410-313-4718

Winter Co-Rec Football League

18 yrs + / 6 wks + playoffs starting Jan 9 / \$230 per team

Enjoy playing this fast-action, non-contact, no-blocking, touch football league. Teams play 8-on-8. Teams provide own uniforms and football. Schedule includes six games plus playoffs. All teams qualify for playoffs. Fee includes six-game schedule, playoffs, awards, field rental and administration. Teams are responsible for \$34 referee fee paid on-site to referee crew at each game (regular season only). If a team forfeits, it must pay the referees for forfeited game (\$68) prior to its next scheduled game. Failure to do so results in that team's removal from the league without refund. For complete rules, visit: www.howardcountymd.gov/football.htm. Team managers are updated with a league packet one week prior to start of games. Register by December 2.

RP5301.601 Rockburn Branch Pk (Turf Fields) 9 AM-2 PM Sa

Winter Men's Run & Shoot Football League

18 yrs + / 6 wks + playoffs starting Jan 10 / \$230 per team

Enthusiasts, come play this fast-action, low-contact version of touch football. Teams play six on defense and five on offense. Fee includes a six-game schedule, playoffs, awards, field rental and administration. Teams provide uniforms and an official NFL-sized football. Teams are responsible for \$51 referee fee paid on-site to referee crew at each game (regular season only). If a team forfeits, the team must pay the referees for the forfeited game (\$102) prior to its next scheduled game. Failure to do so results in the team's removal from the league without refund. All teams qualify for playoffs. Team managers are updated with a league packet one week prior to start of games. Register by December 2.

RP5300.601 County Parks (Turf fields) 8 AM-2 PM Su

Golf

Celebration of Sports Golf Tournament

8 yrs + / Oct 9 / \$85, individual; \$340, foursome

Celebrate community sports and enjoy a day on the links. Fee includes lunch, green fees, cart, use of driving range, awards and hole prizes. Format is best ball scramble. On-site registration available by 7:30 AM, shotgun starts at 8:30 AM. Info: Mike Blevins, 410-313-1691.

RP6601.501	Foursome	Timbers at Troy Golf Course	F
RP6601.502	Individual	Timbers at Troy Golf Course	F

Youth (4-17 yrs)

• Info: Amy Patton, 410-313-4637 or
apatton@howardcountymd.gov.

Backyard Golf

4-8 yrs / 5 classes, start dates below / \$60

Join us for an exciting introduction into the world of golf. This program contains all the elements of golf but in a modified form, making it an easy and fun way to learn and play golf. The system builds on strong fundamentals of putting, chipping, pitching and full swing to develop playing ability quickly and effectively. All SNAG golf equipment is provided. Parent volunteers are encouraged to participate.

4-5 yrs

RP6319.501	Patapsco MS	Sep 14	5:15-6 PM	M
RP6319.502	Burleigh Manor MS	Sep 9	5:15-6 PM	W
RP6319.503	Mayfield Woods MS	Sep 11	5:15-6 PM	F

6-8 yrs

RP6319.511	Patapsco MS	Sep 14	6-6:45 PM	M
RP6319.512	Burleigh Manor MS	Sep 9	6-6:45 PM	W
RP6319.513	Mayfield Woods MS	Sep 11	6-6:45 PM	F

A Golf Experience

5-10 yrs / 4 classes, start dates below / \$99

Join certified golf instructors for a unique, fun golf experience in an energetic and safe environment. By using fun themes and words like GRASS (Grip, Relax, Aim, Stance and Swing), children learn proper golf fundamentals positioning them for golf success. Children experience the game of golf from "green to tee." We start on the putting green to learn the art of a good putt, and then we move to chipping stations to learn how to get the ball in the air. Next is pitching through fun, and sometimes moving targets. Hitting the ball long with the full swing completes the experience. We fit and supply real golf clubs for every child, and provide all other equipment used during the class. (No class 9/23.)

RP6318.501	Northfield ES	Sep 21	3:30-4:30 PM	M
RP6318.502	Clarksville ES	Sep 15	4-5 PM	Tu
RP6318.503	Atholton ES	Sep 16	4-5 PM	W
RP6318.504	Fulton ES	Sep 17	4-5 PM	Th

Junior Golf

7-17 yrs / 4 or 5 classes, start dates below / \$82 + ball fee

Beginners welcomed! This introduction to the game includes swing fundamentals, rules and etiquette. No equipment or experience necessary. Ball fee: \$15 at first class for Timbers and Fairway Hills; \$7 per week for Waverly Woods; \$6 per week for Rocky Gorge.

Timbers at Troy Golf Course / 5 classes

RP6320.501	Sep 14	4:30-5:15 PM	M
RP6320.502	Sep 9	4:30-5:15 PM	W
RP6320.503	Sep 11	4:30-5:15 PM	F
RP6320.504	Sep 12	9-9:45 AM	Sa
RP6320.505	Sep 12	Noon-12:45 PM	Sa

Waverly Woods Golf Course / 5 classes

RP6320.506	Sep 9	4-4:45 PM	W
RP6320.507	Sep 11	4-4:45 PM	F

Rocky Gorge Golf Fairway / 4 classes

RP6320.508	Sep 12	10-11 AM	Sa
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Fairway Hills Golf Course / 4 classes

RP6320.509	Sep 12	1-2 PM	Sa
RP6320.510	Sep 13	1-2 PM	Su

Adults (18 yrs +)

• Info: Amy Patton, 410-313-4637 or
apatton@howardcountymd.gov.

Fairway Hills Golf Lessons

18 yrs + / 4 classes, start dates below / \$82 + \$15 ball fee

These small-group beginner lessons include putting, chipping and full swing with both irons and woods. Ball fee due at first lesson; no clubs required.

Advanced Beginner

RP6321.501	Sep 14	4-5 PM	M
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Beginner

RP6321.502	Sep 8	11 AM-noon	Tu
RP6321.503	Sep 9	4-5 PM	W
RP6321.504	Sep 10	11 AM-noon	Th
RP6321.505	Sep 13	10-11 AM	Su

Rocky Gorge Golf Lessons

18 yrs + / 5 classes, start dates below / \$82 + \$6 per wk ball fee

Beginners and advanced beginners develop fundamentals of a sound swing. Learn personal skill analysis and self-improvement of distance and approach in small group lessons. Ball fee due weekly; no clubs required.

RP6323.501	Sep 8	6-6:45 PM	Tu
RP6323.502	Sep 9	6-6:45 PM	W
RP6323.503	Sep 12	11-11:45 AM	Sa

Timbers at Troy Golf Lessons

18 yrs + / 5 classes, start dates below / \$82 + \$15 ball fee

Enjoy small group lessons for beginners and advanced beginners that include iron play, driving, putting and more. Ball fee due at first lesson; no clubs required.

Beginners

RP6324.501	Sep 14	5:30-6:15 PM	M
RP6324.502	Sep 9	5:30-6:15 PM	W
RP6324.503	Sep 11	5:30-6:15 PM	F
RP6324.504	Sep 12	10-10:45 AM	Sa

Advanced Beginners

RP6324.511	Sep 14	6:30-7:15 PM	M
RP6324.512	Sep 9	6:30-7:15 PM	W
RP6324.513	Sep 11	6:30-7:15 PM	F
RP6324.514	Sep 12	11-11:45 AM	Sa

Waverly Woods Golf Lessons

18 yrs + / 5 classes, start dates below / \$82 + \$7 per wk ball fee

Beginners and advanced beginners, learn in a small group iron play, driving, putting and more. Ball fee due weekly; no clubs required.

Beginners

RP6325.501	Sep 9	5-5:45 PM	W
RP6325.502	Sep 11	5-5:45 PM	F

Advanced Beginners

RP6325.511	Sep 9	6-6:45 PM	W
RP6325.512	Sep 11	6-6:45 PM	F

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

Gymnastics

Youth (1½-12 yrs)

• Info: Amanda Bartell, 410-313-1694 or
abartell@howardcountymd.gov.

Parent/Child Gymnastics

1½-3½ yrs / 6 classes, start dates below / \$99

Be an active participant as your child develops self-awareness, coordination and locomotor movement. Toddlers use a variety of gymnastics equipment, songs, games and climbing activities in a fun and supportive atmosphere. Adult and child must register together. Child must be walking.

Columbia Gymnastics

RP6351.501	Sep 10	10-10:45 AM	Th
RP6351.502	Sep 11	10-10:45 AM	F

Preschool Gymnastics

3-5 yrs / 6 classes, start dates below / \$99

In this introduction to gymnastics, boys and girls develop strength coordination and locomotor movement, listening skills, and cooperation. Participants use all types of gymnastics and physical education equipment including bars, beams, mats, trampolines and a foam training pit. Diapers or pull-ups are not allowed.

Columbia Gymnastics / Session One

RP6352.501	Sep 7	5-5:45 PM	M
RP6352.502	Sep 8	1:45-2:30 PM	Tu
RP6352.503	Sep 8	2:30-3:15 PM	Tu
RP6352.504	Sep 8	4:30-5:15 PM	Tu
RP6352.505	Sep 9	9:15-10 AM	W
RP6352.506	Sep 9	1-1:45 PM	W
RP6352.507	Sep 9	1:45-2:30 PM	W
RP6352.508	Sep 9	2:30-3:15 PM	W
RP6352.509	Sep 9	4:30-5:15 PM	W
RP6352.510	Sep 10	9:15-10 AM	Th
RP6352.511	Sep 10	10:45-11:30 AM	Th
RP6352.512	Sep 10	2-2:45 PM	Th
RP6352.513	Sep 10	2:45-3:30 PM	Th
RP6352.514	Sep 11	9:15-10 AM	F
RP6352.515	Sep 11	10:45-11:30 AM	F
RP6352.516	Sep 12	Noon-12:45 PM	Sa

Columbia Gymnastics / Session Two

RP6352.517	Oct 26	5-5:45 PM	M
RP6352.518	Oct 27	1:45-2:30 PM	Tu
RP6352.519	Oct 27	2:30-3:15 PM	Tu
RP6352.520	Oct 27	4:30-5:15 PM	Tu
RP6352.521	Oct 28	9:15-10 AM	W
RP6352.522	Oct 28	1-1:45 PM	W
RP6352.523	Oct 28	1:45-2:30 PM	W
RP6352.524	Oct 28	2:30-3:15 PM	W
RP6352.525	Oct 28	4:30-5:15 PM	W
RP6352.526	Oct 29	9:15-10 AM	Th
RP6352.527	Oct 29	10:45-11:30 AM	Th
RP6352.528	Oct 29	2-2:45 PM	Th
RP6352.529	Oct 29	2:45-3:30 PM	Th
RP6352.530	Oct 30	9:15-10 AM	F
RP6352.531	Oct 30	10:45-11:30 AM	F
RP6352.532	Oct 31	Noon-12:45 PM	Sa



Learn to twist and bend in our gymnastics classes.

Beginning Gymnastics

6-12 yrs / 6 classes, start dates below / \$99

Enjoy an introduction to the beginning skills and progressions of the vault, uneven bars, balance beam and floor exercise using a variety of equipment including trampolines and a foam training pit. Participants begin to develop confidence, fitness, strength and flexibility in a fun, supportive environment.

Columbia Gymnastics / Boys

RP6353.501	Sep 10	6:30-7:30 PM	Th
RP6353.502	Oct 29	6:30-7:30 PM	Th

Columbia Gymnastics / Girls

RP6353.511	Sep 8	4:30-5:30 PM	Tu
RP6353.512	Sep 10	6:30-7:30 PM	Th
RP6353.513	Sep 11	6:30-7:30 PM	F
RP6353.514	Sep 12	11:45 AM-12:45 PM	Sa
RP6353.515	Oct 27	4:30-5:30 PM	Tu
RP6353.516	Oct 29	6:30-7:30 PM	Th
RP6353.517	Oct 30	6:30-7:30 PM	F
RP6353.518	Oct 31	11:45 AM-12:45 PM	Sa

Jump Rope

Youth (6-16 yrs)

• Info: Amy Patton, 410-313-4637 or
apatton@howardcountymd.gov.

Junior Jumpers with Kangaroo Kids

6-14 yrs / 12 classes, start dates below / \$172

This beginning jump rope class is all about fun and fitness. Jumpers learn basic single rope, Double Dutch and long rope skills. Jump rope fee: \$7 for first-time participants due at first class. Returning jumpers should bring their beaded jump ropes. (No class 10/6, 11/25.)

Meadowbrook Ath Comp

RP6361.501	Sep 8	4:25-5:25 PM	Tu
RP6361.502	Sep 8	5:30-6:30 PM	Tu
RP6361.503	Sep 9	4:25-5:25 PM	W
RP6361.504	Sep 9	5:30-6:30 PM	W

Intermediate Jumpers with Kangaroo Kids 6-16 yrs / 12 classes, start dates below / \$172

Jumpers build on basic single and long rope skills and are introduced to precision group routines. Prerequisite: Minimum two sessions of *Junior Jumpers* and/or coach's approval. (No class 10/6, 11/25.)

Meadowbrook Ath Comp

RP6363.501	Sep 8	4:25-5:25 PM	Tu
RP6363.502	Sep 8	5:30-6:30 PM	Tu
RP6363.503	Sep 9	4:25-5:25 PM	W

Preparation to Perform with Kangaroo Kids 8-16 yrs / 12 classes, start dates below / \$172

Jumpers with a desire to ultimately perform at public events build on single and long rope skills, precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum two sessions of *Intermediate Jumpers* and/or coach's approval. (No class 10/6, 11/25.)

Meadowbrook Ath Comp

RP6364.501	Sep 8	4:25-5:25 PM	Tu
RP6364.502	Sep 9	5:30-6:30 PM	W



Sign up for a lacrosse league or clinic.

Lacrosse

Youth (3-18 yrs)

Mighty LAXers Lacrosse

3-4 yrs / 6 classes, start dates below / \$75

Calling all Mighty LAXers! This high-energy curriculum introduces children to important fundamentals of lacrosse such as scooping, cradling, and shooting. Children use age-appropriate equipment for a safe and fun experience in every LAXers class! Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 9/7, 9/14, 9/23, 11/23-28). Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Session One

RP6972.501	Cedar Lane Pk West	Aug 31	9:30-10:15 AM	M
RP6972.502	Gary J Arthur Comm Ctr	Aug 31	12:30-1:15 PM	M
RP6972.503	Meadowbrook Ath Comp	Sep 8	1:30-2:15 PM	Tu
RP6972.504	Cedar Lane Pk East	Sep 8	5-5:45 PM	Tu
RP6972.505	Veterans ES	Sep 9	6:30-7:15 PM	W
RP6972.506	Cedar Lane Pk West	Sep 10	1:30-2:15 PM	Th
RP6972.507	N Laurel Comm Ctr	Sep 11	1:30-2:15 PM	F
RP6972.508	Guilford ES	Sep 12	9:30-10:15 AM	Sa
RP6972.509	Dayton Oaks ES	Sep 12	1:30-2:15 PM	Sa

Session Two

RP6972.510	Gary J Arthur Comm Ctr	Oct 26	12:30-1:15 PM	M
RP6972.511	Meadowbrook Ath Comp	Oct 27	9:30-10:15 AM	Tu
RP6972.512	Veterans ES	Oct 28	5:30-6:15 PM	W
RP6972.513	N Laurel Comm Ctr	Oct 30	1:30-2:15 PM	F
RP6972.514	Hollifield Station ES	Oct 31	10:30-11:15 AM	Sa
RP6972.515	Guilford ES	Oct 31	10:30-11:15 AM	Sa
RP6972.516	Dayton Oaks ES	Oct 31	2:30-3:15 PM	Sa

Kiddie Lacrosse

5-7 yrs / 6 classes, start dates below / \$47

Come learn and develop the fundamental skills of passing, catching, cradling, defense and overall team play in a fun and encouraging environment. Meet on the field. (No class 9/7, 9/14, 9/23.)

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6715.501	Veterans ES	Sep 21	5-6 PM	M
RP6715.502	Dayton Oaks ES	Sep 8	4:40-5:40 PM	Tu
RP6715.503	Bushy Park ES	Sep 9	4:55-5:55 PM	W
RP6715.504	Clarksville ES	Sep 10	5-6 PM	Th

Lacrosse Introduction - Boys and Girls

5-10 yrs / 6 classes, start dates below / \$80

First-time players or those wanting to improve skills focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse equipment, including protective eyewear for girls (mandated by U.S. Lacrosse). Info: Ray Hall, 410-313-1689 or arhall@howardcountymd.gov.

Cedar Lane Pk West / Sep 6

RP6505.501	Boys	5-6 yrs	9-10 AM	Su
RP6505.502	Boys	7-8 yrs	10:15-11:15 AM	Su
RP6505.503	Boys	9-10 yrs	11:30 AM-12:30 PM	Su
RP6506.501	Girls	5-6 yrs	9-10 AM	Su
RP6506.502	Girls	7-8 yrs	10:15-11:15 AM	Su
RP6506.503	Girls	9-10 yrs	11:30 AM-12:30 PM	Su

Meadowbrook Ath Comp / Jan 10

RP6505.601	Boys	5-6 yrs	9-10 AM	Su
RP6505.602	Boys	7-8 yrs	10-11 AM	Su
RP6505.603	Boys	9-10 yrs	11 AM-noon	Su
RP6506.601	Girls	5-6 yrs	9-10 AM	Su
RP6506.602	Girls	7-8 yrs	10-11 AM	Su
RP6506.603	Girls	9-10 yrs	11 AM-noon	Su

After-School Lacrosse

8-10 yrs / 6 classes, start dates below / \$47

The school day is over and it's time to LAX it up! First-time players or those wanting to improve skills focus on the fundamentals of passing, catching, cradling, defense and overall team play in a fun and exciting environment. Meet outside school office; coach escorts players to the field.

(No class 9/7, 9/14, 9/23.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6720.501	Veterans ES	Sep 21	4-5 PM	M
RP6720.502	Dayton Oaks ES	Sep 8	3:35-4:35 PM	Tu
RP6720.503	Bushy Park ES	Sep 9	3:50-4:50 PM	W
RP6720.504	Clarksville ES	Sep 10	4-5 PM	Th

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

Fall Pick-Up Lacrosse – Boys and Girls

7-18 yrs / 6 sessions starting Sep 2 / \$85

Keep your lacrosse skills sharp in this pick-up style lacrosse program. There is instruction, scrimmages, game play and more. Games are played Wednesday evenings, beginning September 2. Full equipment required for boys. Girls bring stick, eye protection (mandated by U.S. Lacrosse), and mouth guard. Info: Ray Hall, 410-313-1689 or arhall@howardcountymd.gov.

Cedar Lane Pk West

RP5502.501	Boys	7-10 yrs	Field 5	6-7 PM	W
RP5502.502	Boys	11-13 yrs	Field 5	7:15-8:15 PM	W
RP5505.501	Girls	10-13 yrs	Field 6	6-7 PM	W
RP5505.502	Girls	14-18 yrs	Field 6	7:15-8:15 PM	W

Middle School Lacrosse

Grades 6-8 / 6 sessions starting Jan 7 / \$85

Fast-paced, fun-filled indoor lacrosse designed to fine-tune players' skills for the upcoming spring season! Sessions include instruction followed by games. Players must provide equipment. Info: Ray Hall, 410-313-1689.

Gary J Arthur Comm Ctr

RP6501.601	Girls	6-7:15 PM	Th
RP6501.602	Boys	7:30-8:45 PM	Th

Youth Leagues (13-18 yrs)

Fall High School Boys Lacrosse League

13-18 yrs / 8 games starting Sep 14 / \$80, individual; \$1,200, team

Get in on this high-scoring, fast-action league designed for high school players. Instruction is limited; basic lacrosse skills are required. Players are encouraged to contact their high school coach about entering a team. Individuals are also welcome to form a team organized by HCRP. Players provide all equipment. Games are once or twice a week on Mondays and Wednesdays and start between 6-9 PM.

Info: Derrick Thompson, 410-313-4736.

Team / County Parks / 6-10 PM

RP5501.511	13-15 yrs	M & W
RP5501.512	15-18 yrs	M & W

Individual / County Parks / 6-10 PM

RP5501.501	13-15 yrs	M & W
RP5501.502	15-18 yrs	M & W

Adults (18 yrs +)

Men's Fall Pick-Up Lacrosse

18 yrs + / 6 sessions starting Sep 16 / \$65

Keep your lacrosse skills tuned in this fun social pick-up lacrosse program. Teams are split up at the beginning of each session. Referees are provided. Must bring a reversible light and dark colored jersey.

RP5503.520	Rockburn Branch Pk Turf Fields	8-10 PM	W
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Martial Arts

• Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Youth (5 yrs +)

After-School Karate Program

by Klotz Institute of Karate

5-11 yrs / 5 classes, start dates below / \$31

Exercise while working on following directions, listening, patience and building confidence. Learn basic motion, forms, jujitsu, one-step and sparring. All levels are welcome.

RP8700.501	Bellows Spring ES	Oct 7	3:55-4:40 PM	W
RP8700.502	Clemens Crossing ES	Oct 8	3:55-4:40 PM	Th



Learn one of several martial arts disciplines.

TKA Karate

5-12 yrs / 11 or 12 classes, start dates & prices below

Boys and girls of all skill levels, come learn karate and jujitsu. Black belt instructors emphasize safety and fun. One week is spent taking or viewing the test or participating in a refresher class. If a class is not listed as beginner or intermediate, it is for all level students. (No class 9/23, 11/23-26.)

11 classes / \$61

RP8730.501	Gary J Arthur Comm Ctr	Sep 21	6:30-7:30 PM	M
RP8730.502	Oakland Mills MS	Sep 21	7-8 PM	M

12 classes / \$66

RP8730.503	Worthington ES	Sep 15	7-8 PM	Tu
RP8730.505	Longfellow ES	Sep 15	7-8 PM	Tu
RP8730.506	Beg Fulton ES	Sep 16	6-7 PM	W
RP8730.516	Int Fulton ES	Sep 16	7-8 PM	W
RP8730.507	Northfield ES	Sep 16	7-8 PM	W
RP8730.508	Beg Rockburn ES	Sep 16	6-7 PM	W
RP8730.509	Int Rockburn ES	Sep 16	7-8 PM	W
RP8730.510	Gorman Crossing ES	Sep 17	7-8 PM	Th
RP8730.511	Manor Woods ES	Sep 17	7-8 PM	Th
RP8730.512	Pointers Run ES	Sep 17	7-8 PM	Th

D & S Karate with Seth Ismart

6-13 yrs / 11 or 12 classes, start dates & prices below

Improve coordination, confidence, flexibility, balance, agility and focus while learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts and have years of classroom experience instructing children in the art of self-defense and personal accomplishment. (No class 9/23, 11/23-26.)

11 classes / \$60

RP8710.501	Phelps Luck ES	Sep 21	7-8 PM	M
RP8710.502	N Laurel Comm Ctr	Sep 21	7-8 PM	M
RP8710.503	Hammond ES	Sep 16	7-8 PM	W
RP8710.504	Dayton Oaks ES	Sep 16	7-8 PM	W

12 classes / \$66

RP8710.505	Centennial Lane ES	Sep 17	7-8 PM	Th
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Kuk Sool Won with Darren Fulmore

6 yrs + / 24 classes starting Sep 15 / Prices below

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This is extremely well organized and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques—which consist of kicking, punching, martial acrobatics and self-defense techniques—into a beautiful and dynamic hard/soft style focusing on discipline and respect.

RP8760.501	Beg	N Laurel Comm Ctr	6:30-7:30 PM	Tu & Th	\$150
RP8760.502	Adv	N Laurel Comm Ctr	7:30-8:30 PM	Tu & Th	\$167

Adults (13 yrs +)

TKA Karate

13 yrs + / 11 or 12 classes, start dates & prices below

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. Wear comfortable clothing or gi. (No class 9/23, 11/23-26.)

11 classes / \$76

RP8731.501	Gary J Arthur Comm Ctr	Sep 21	7:30-9 PM	M
RP8731.502	Oakland Mills MS	Sep 21	8-9:30 PM	M

12 classes / \$83

RP8731.503	Worthington ES	Sep 15	8-9:30 PM	Tu
RP8731.505	Longfellow ES	Sep 15	8-9:30 PM	Tu
RP8731.506	Fulton ES	Sep 16	8-9:30 PM	W
RP8731.507	Northfield ES	Sep 16	8-9:30 PM	W
RP8731.508	Rockburn ES	Sep 16	8-9:30 PM	W
RP8731.509	Gorman Crossing ES	Sep 17	8-9:30 PM	Th
RP8731.510	Manor Woods ES	Sep 17	8-9:30 PM	Th
RP8731.511	Pointers Run ES	Sep 17	8-9:30 PM	Th

Shotokan Karate with Steve Morris

13 yrs + / 12 classes, start dates below / \$78

Learn a repertoire of techniques and the optimal safe positions for self-defense based upon the movement of your opponent(s), all in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions and takedowns. Special attention is given to low impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self-defense in Howard County for 30 years.

Roger Carter Comm Ctr

RP8791.501	Sep 17	7-8 PM	Th
RP8791.502	Sep 17	8:05-9:05 PM	Th
RP8791.503	Sep 19	10-11 AM	Sa
RP8791.504	Sep 19	11:05 AM-12:05 PM	Sa

Aikido with Ki

by Russ Dauber, 4th Degree Black Belt

18 yrs + / 24 classes starting Sep 15 / \$69

Martial Art and Ki practice, as taught by Japan's Ki Society International, promotes dynamic movement with unified mind and body. Techniques flow with and lead attackers' directions and motions. The Ki part is low-impact. The Aikido part involves practice with partners and rolling on mats, while maintaining calmness and relaxation. Men and women welcome. Emphasis is on safety, knowledge and enjoyment.

RP8880.501	Waverly ES	7-9 PM	Tu & Th
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Tai Chi

18 yrs + / 11 or 12 classes, start dates & prices below

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress.

11 classes / \$86 / Instructor: Tim Kwei

RP8850.501	Beg	Dunloggin MS	Sep 16	7-8 PM	W
RP8850.502	Adv	Dunloggin MS	Sep 16	8:05-9:05 PM	W

12 classes / \$93 / Instructor: Scott Vandame

RP8850.503	Beg	Murray Hill MS	Sep 17	7-8 PM	Th
RP8850.504	Adv	Murray Hill MS	Sep 17	8:05-9:05 PM	Th

Multi-Sport

Youth (2-14 yrs)

Awesome Athletes, Amazing Artists
(Parent/Child) *Page 37*

Jump Bunch Kids by JumpBunch

2-5 yrs / 6 classes, start dates below / \$75

JumpBunch classes are a wonderful opportunity for parents and children to interact in a fun, engaging, and noncompetitive environment during an introduction to multiple sports and fitness activities. Warm-up exercises are designed to improve balance, increase coordination and develop body awareness. This season's sports include basketball, track & field (javelin & hurdles), flying discs, croquet with croquet hockey, soccer, and volleyball. Children enjoy using and exploring the child-friendly equipment provided by JumpBunch. (No class 11/28.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

St. John's Lane ES

RP6313.501	2-3 yrs	Sep 12	10-10:45 AM	Sa
RP6313.502	3-5 yrs	Sep 12	11-11:45 AM	Sa
RP6313.503	2-3 yrs	Oct 31	10-10:45 AM	Sa
RP6313.504	3-5 yrs	Oct 31	11-11:45 AM	Sa

MAC Pre-K Drop-In Play!

2-5 yrs / Continuous starting Oct 19 / \$4 (one child & adult), \$2 per additional child

This fall and winter, Drop-in Play days are full of fun and exciting activities in a safe and non-competitive environment. The MAC staff provides equipment for activities including mini basketball, floor hockey, soccer, lacrosse, jump rope, hula-hoops, big wheel trikes, scooters, and much more! Daily fee is collected at the MAC. Parent involvement required.

(No Drop-In 11/25, 11/27, 12/25/15-1/1/16.) Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp 9:30 AM-noon M, W & F

Preschool Adventures *Page 36*

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

Little Big Shots

3-4 yrs / 6 classes, start dates below / \$75

This multi-sport program introduces basketball, tee ball, and soccer through exciting and engaging games and activities. Parents are encouraged to follow the coach's instructions to assist. (No class 9/7, 9/14, 9/23, 11/23-28).

Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Session One

RP6314.501	Meadowbrook Ath Comp	Aug 31	12:30-1:15 PM	M
RP6314.502	N Laurel Comm Ctr	Sep 8	5-5:45 PM	Tu
RP6314.503	N Laurel Comm Ctr	Sep 9	1:30-2:15 PM	W
RP6314.504	Cedar Lane Pk East	Sep 10	9:30-10:15 AM	Th
RP6314.505	Meadowbrook Ath Comp	Sep 10	10:30-11:15 AM	Th
RP6314.506	N Laurel Comm Ctr	Sep 10	6-6:45 PM	Th
RP6314.507	N Laurel Comm Ctr	Sep 11	10:30-11:15 AM	F
RP6314.508	Waterloo ES	Sep 12	2:30-3:15 PM	Sa

Session Two

RP6314.509	Meadowbrook Ath Comp	Oct 26	12:30-1:15 PM	M
RP6314.510	Meadowbrook Ath Comp	Oct 27	10:30-11:15 AM	Tu
RP6314.511	N Laurel Comm Ctr	Oct 27	6-6:45 PM	Tu
RP6314.512	N Laurel Comm Ctr	Oct 28	1:30-2:15 PM	W
RP6314.513	Meadowbrook Ath Comp	Oct 29	9:30-10:15 AM	Th
RP6314.514	N Laurel Comm Ctr	Oct 29	5-5:45 PM	Th
RP6314.515	N Laurel Comm Ctr	Oct 30	10:30-11:15 AM	F

Learn-N-Play Sports

3-5 yrs / 6 classes, start dates below / \$75

Children experience a variety of age-appropriate sports activities that help them develop their large motor skills and socialization skills in a fun atmosphere! Each week we focus on different activities that combine positive social interactions, good listening skills, taking turns, and teamwork. Activities include bowling, parachute games, sports stations, relay races, and more! Parents are encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Pointers Run ES / Sep 12 / Sa

RP6970.501	9:30-10:15 AM
RP6970.502	10:30-11:15 AM

Pointers Run ES / Oct 31 / Sa

RP6970.503	9:30-10:15 AM
RP6970.504	10:30-11:15 AM

Little Big Wheelers

3-5 yrs / 6 classes, start dates below / \$65

Parents, bring your children indoors to the Meadowbrook Athletic Complex to experience the most fun possible on three wheels! Children have a blast on their Big Wheels trike as they ride around the courts in a fun-filled, safe environment. The Meadowbrook Staff provides Big Wheels trikes, instruction and leadership as your little Speed Racers enjoy obstacle courses, individual and team races and all ideas possible while they exercise on their trikes. Helmets are mandatory. (No class 11/24, 11/26.) Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

10-10:50 AM

RP6402.501	Sep 15	Tu
RP6402.503	Sep 17	Th
RP6402.505	Oct 27	Tu
RP6402.507	Oct 29	Th

11-11:50 AM

RP6402.502	Sep 15	Tu
RP6402.504	Sep 17	Th
RP6402.506	Oct 27	Tu
RP6402.508	Oct 29	Th

School's Out Junior Sports Camp

5-7 yrs / Dates in next column / \$34

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or floor hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Activities take place indoors.

Info: Brian Wyman, 410-313-4705 or bwym@howardcountymd.gov.

RP7008.501	Meadowbrook Ath Comp	Sep 14	8:30 AM-12:30 PM	M
RP7008.502	Meadowbrook Ath Comp	Sep 23	8:30 AM-12:30 PM	W
RP7008.503	N Laurel Comm Ctr	Oct 2	8:30 AM-12:30 PM	F
RP7008.504	N Laurel Comm Ctr	Oct 16	8:30 AM-12:30 PM	F

After-School Recess

5-10 yrs / 8 classes, start dates below / \$105

Feel the excitement and get involved in some physical activities! Children participate in a number of activities including kickball, relays, dodgeball, and field day games. The session concludes with an exciting game of Mission Impossible! Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP6210.501	Northfield ES	Sep 8	3:30-4:30 PM	Tu
RP6210.502	Fulton ES	Sep 9	4-5 PM	W

Winter Mix Camp

5-13 yrs / 4 days, dates below / \$59 a day; \$199 four days

One, two, three, or four days of fun! Children participate in a wide variety of activities including sports, fitness, arts and crafts, nature, games and special surprises. Campers follow an exciting daily rotation that allows them to select activities of their choice to build their own program. Campers rotate in age- and skill-appropriate groups. The focus is on having fun, staying fit, building character, and boosting self-esteem. Bring a non-perishable lunch (no nut products) and a refillable water bottle. Campers can be registered for one, two, three, or all four days. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp / 8 AM-6 PM

RP6404.601	Dec 28	M	RP6404.604	Dec 31	Th
RP6404.602	Dec 29	Tu	RP6404.605	Dec 28	M-Th
RP6404.603	Dec 30	W			

Home School Gym Class

5-14 yrs / 8 classes, start dates below / \$64

This is an exciting gym class program that meets the physical activity needs of our local home school families! We provide staff leadership and all the equipment for a variety of sport and fitness activities. Children improve skills and learn the fundamentals of teamwork as they play basketball, soccer, volleyball, floor hockey, badminton and all other sport requests the staff can provide. Have fun, stay fit, build character and boost self-esteem. Activity groups separated based on age and ability. (No class 11/25.)

Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp / 11 AM-noon

RP6405.501	5-10 yrs	Aug 26	W
RP6405.502	11-14 yrs	Aug 26	W
RP6405.503	5-10 yrs	Oct 21	W
RP6405.504	11-14 yrs	Oct 21	W

School's Out Sports Camp

8-13 yrs / Dates below / \$60

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or floor hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Activities take place indoors.

Info: Brian Wyman, 410-313-4705 or bwym@howardcountymd.gov.

RP7007.501	Meadowbrook Ath Comp	Sep 14	8:30 AM-6 PM	M
RP7007.502	Meadowbrook Ath Comp	Sep 23	8:30 AM-6 PM	W
RP7007.503	N Laurel Comm Ctr	Oct 2	8:30 AM-6 PM	F
RP7008.504	N Laurel Comm Ctr	Oct 16	8:30 AM-6 PM	F



Pickleball is for all at the Meadowbrook Athletic Complex.

Pickleball

Pickleball for All

18 yrs + / 13 classes, start dates below / \$65

Pickleball is a fun sport that combines many elements of tennis, badminton and table tennis. The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Learn to play this fun and exciting game for the first week and then put your skills to the test in friendly games for the remaining classes. All necessary equipment is provided. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Meadowbrook Ath Comp

RP6835.501	Sep 7	1-3 PM	M
RP6835.502	Sep 9	1-3 PM	W
RP6835.505	Sep 11	1-3 PM	F
<u>N Laurel Comm Ctr</u>			
RP6835.503	Sep 8	Noon-2 PM	Tu
RP6835.504	Sep 10	Noon-2 PM	Th
RP6835.506	Sep 3	7-9 PM	Th

Running

Youth Distance Runners

Winter Indoor Training Program

7-18 yrs / 8 classes starting Jan 9 / \$75

Don't miss out on your opportunity to train this winter! Join Recreation & Parks, Howard County Junior Striders and Bullseye Running for this new indoor training program offering runner specific training and conditioning. Add this program to your already existing running schedule and transform yourself into the complete balanced runner and athlete. Each participant receives a t-shirt. Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

RP6953.601	Meadowbrook Ath Comp	6:30-8 PM	Sa
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CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



There is something for the beginner or advanced soccer player.

Soccer

Youth (2-14 yrs)

U.K. Elite Petite Soccer

2-5 yrs / 6 classes, start dates below / \$97

This is a mini-taste of the U.K. Elite experience! Hour-long programs of soccer fun and games are designed to introduce the youngest of players to the greatest of games. The emphasis is on having fun with a soccer ball. Parent involvement is encouraged at times. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Cedar Lane Pk West Field 5

Sep 22 / Tu

RP6710.501	2-3 yrs	9:30-10:30 AM
RP6710.502	3-5 yrs	9:30-10:30 AM
RP6710.503	2-3 yrs	10:30-11:30 AM
RP6710.504	3-5 yrs	10:30-11:30 AM
RP6710.505	3-5 yrs	1:30-2:30 PM

Sep 24 / Th

RP6710.510	3-5 yrs	9:30-10:30 AM
RP6710.511	3-5 yrs	10:30-11:30 AM
RP6710.512	3-5 yrs	1:30-2:30 PM

Cedar Lane Pk East Field 7

Sep 19 / Sa

RP6710.516	2-3 yrs	9-10 AM
RP6710.517	3-5 yrs	10-11 AM

Centennial Pk West Field 6

Sep 15 / Tu

RP6710.518	2-3 yrs	5-6 PM
RP6710.519	3-5 yrs	5-6 PM
RP6710.520	2-3 yrs	6-7 PM
RP6710.521	3-5 yrs	6-7 PM

Sep 17 / Th

RP6710.526	3-5 yrs	3:45-4:45 PM
RP6710.527	3-5 yrs	4:45-5:45 PM

Sep 23 / W

RP6710.506	2-3 yrs	9:30-10:30 AM
RP6710.507	3-5 yrs	9:30-10:30 AM
RP6710.508	2-3 yrs	10:30-11:30 AM
RP6710.509	3-5 yrs	10:30-11:30 AM

3-5 yrs / Sep 25 / F

RP6710.513	3-5 yrs	9:30-10:30 AM
RP6710.514	3-5 yrs	10:30-11:30 AM
RP6710.515	3-5 yrs	1:30-2:30 PM

Sep 16 / W

RP6710.522	2-3 yrs	5-6 PM
RP6710.523	3-5 yrs	5-6 PM
RP6710.524	2-3 yrs	6-7 PM
RP6710.525	3-5 yrs	6-7 PM

Sep 18 / F

RP6710.528	2-3 yrs	3:45-4:45 PM
RP6710.529	3-5 yrs	3:45-4:45 PM
RP6710.530	3-5 yrs	4:45-5:45 PM

Meadowbrook Athletic Complex (5 week programs; will not run week of Thanksgiving)

Nov 10 / Tu

RP6710.531	2-3 yrs	9:30-10:30 AM
RP6710.532	3-5 yrs	10:30-11:30 AM
RP6710.533	3-5 yrs	1-2 PM

Western Regional Pk Field 4

Sep 23 / W

RP6710.537	3-5 yrs	11:30 AM-12:30 PM
RP6710.538	3-5 yrs	1:30-2:30 PM

Nov 11 / W

RP6710.534	2-3 yrs	9:30-10:30 AM
RP6710.535	3-5 yrs	10:30-11:30 AM
RP6710.536	3-5 yrs	1-2 PM



Cure that World Cup fever with one of our many soccer programs.

Mighty Kickers Soccer

3-4 yrs / 6 classes, start dates below / \$75

GOAL! Coaches provide a high-energy, fun introduction to soccer. Mighty Kickers uses a creative, age-appropriate curriculum to introduce basic soccer skills such as dribbling, passing and shooting while providing an entertaining and friendly atmosphere! Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 9/7, 9/14, 9/23, 11/23-28.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Session One

RP6705.501	Cedar Lane Pk West	Aug 31	10:30-11:30 AM	M
RP6705.502	Gorman Crossing ES	Aug 31	6:30-7:15 PM	M
RP6705.503	Gary J Arthur Comm Ctr	Sep 8	12:30-1:15 PM	Tu
RP6705.504	Meadowbrook Ath Comp	Sep 8	12:30-1:15 PM	Tu
RP6705.505	Meadowbrook Ath Comp	Sep 10	9:30-10:15 AM	Th
RP6705.506	N Laurel Comm Ctr	Sep 10	5-5:45 PM	Th
RP6705.507	Guilford ES	Sep 12	10:30-11:15 AM	Sa
RP6705.508	Hollifield Station ES	Sep 12	10:30-11:15 AM	Sa
RP6705.509	Dayton Oaks ES	Sep 12	2:30-3:15 PM	Sa

Session Two

RP6705.510	Meadowbrook Ath Comp	Oct 26	1:30-2:15 PM	M
RP6705.511	Waterloo ES	Oct 26	6:30-7:15 PM	M
RP6705.512	Meadowbrook Ath Comp	Oct 27	12:30-1:15 PM	Tu
RP6705.513	Gary J Arthur Comm Ctr	Oct 27	1:30-2:15 PM	Tu
RP6705.514	N Laurel Comm Ctr	Oct 30	9:30-10:15 AM	F
RP6705.515	Hollifield Station ES	Oct 31	9:30-10:15 AM	Sa
RP6705.516	Waterloo ES	Oct 31	1:30-2:15 PM	Sa

Kiddie Soccer

5-7 yrs / 6 classes, start dates & prices below & in next column

Are you ready to play the world's most popular game? Boys and girls learn basic skills such as dribbling, trapping, passing, shooting, defense and team play, all in a fun and encouraging environment. Meet on the field, or in the gym for session 2. (No class 9/7, 9/14, 9/23, 11/23-26.)

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Session 1 - Outdoors (60 mins) / \$47

RP6700.501	Bushy Park ES	Sep 21	4:55-5:55 PM	M
RP6700.502	Clemens Crossing ES	Sep 21	4:55-5:55 PM	M
RP6700.503	Waverly ES	Sep 8	4:55-5:55 PM	Tu

RP6700.504	Guilford ES	Sep 8	5-6 PM	Tu
RP6700.505	Gorman Crossing ES	Sep 9	5-6 PM	W
RP6700.506	Waterloo ES	Sep 10	5-6 PM	Th

Session 2 - Indoors (60 mins) / \$47

RP6700.511	Atholton ES	Nov 3	4:55-5:55 PM	Tu
RP6700.512	Clarksville ES	Nov 4	5-6 PM	W
RP6700.513	Bushy Park ES	Nov 5	4:55-5:55 PM	Th

Session 2 - Indoors (55 mins) / \$43

RP6700.514	Meadowbrook Ath Comp	Nov 2	5:05-6 PM	M
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U.K. Elite Soccer: Technical Programs

5-14 yrs / 6 classes, start dates below / \$97

Do you want to take your skills to the next level by learning from some of the finest British soccer coaches? Boys and girls learn from one of the best professional youth soccer coaching companies in the states. This fantastic learning experience uses age-appropriate curricula and expert instruction. Emphasis is on sound fundamental techniques and skills, along with a firm understanding of the game. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Centennial Pk West Field 6 / 5:45-6:45 PM

RP6706.501	5-6 yrs	Sep 17	Th
RP6706.502	7-10 yrs	Sep 17	Th
RP6706.503	11-14 yrs	Sep 17	Th
RP6706.504	5-6 yrs	Sep 18	F
RP6706.505	7-10 yrs	Sep 18	F
RP6706.506	11-14 yrs	Sep 18	F

Cedar Lane Pk East Field 7 / 11 AM-noon

RP6706.507	5-6 yrs	Sep 19	Sa
RP6706.508	7-10 yrs	Sep 19	Sa

After-School Soccer

8-10 yrs / 6 classes, start dates & prices below

The world's most popular game awaits you. Boys and girls learn and improve basic skills such as dribbling, trapping, shooting, passing, defense and team play. Coaches use a variety of drills, games and scrimmages to make learning fun and exciting. Meet outside school office; coaches escort players to field. (No class 9/7, 9/14, 9/23, 11/23-26.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Session 1 - Outdoors (60 mins) / \$47

RP6701.501	Bushy Park ES	Sep 21	3:50-4:50 PM	M
RP6701.502	Clemens Crossing ES	Sep 21	3:50-4:50 PM	M
RP6701.503	Waverly ES	Sep 8	3:50-4:50 PM	Tu
RP6701.504	Guilford ES	Sep 8	4-5 PM	Tu
RP6701.505	Gorman Crossing ES	Sep 9	4-5 PM	W
RP6701.506	Waterloo ES	Sep 10	4-5 PM	Th

Session 2 - Indoors (60 mins) / \$47

RP6701.511	Atholton ES	Nov 3	3:50-4:50 PM	Tu
RP6701.512	Clarksville ES	Nov 4	4-5 PM	W
RP6701.513	Bushy Park ES	Nov 5	3:50-4:50 PM	Th

Session 2 - Indoors (55 mins) / \$43

RP6701.514	Meadowbrook Ath Comp	Nov 2	4:10-5:05 PM	M
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Youth Leagues (4-10 yrs)

Fall Youth Soccer League

4-8 yrs / 9 wks starting Aug 24 / \$82, *\$52, head coach's child

Boys and girls have fun playing soccer while learning the fundamentals of the world's most popular sport. The Department forms teams, which practice once per week on a weeknight, beginning the week of August 24. One-hour games on Saturdays, starting September 12, between 9:30 AM-6 PM. Shin guards are required. Fee includes participation award, soccer jersey, socks and soccer ball from Play It Again Sports in Ellicott City. Coaches contact participants regarding practice days/times one week prior to the start of

the program. Volunteer head coaches are needed and receive a discount. Individual registrations only, no team entries. Registration deadline is August 10. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP5701.501	4 yrs	Meadowbrook Pk	9:30 AM-6 PM	Sa
RP5701.502*	4 yrs	Meadowbrook Pk	9:30 AM-6 PM	Sa
RP5701.511	5-6 yrs	Meadowbrook Pk	9:30 AM-6 PM	Sa
RP5701.512*	5-6 yrs	Meadowbrook Pk	9:30 AM-6 PM	Sa
RP5701.521	7-8 yrs	HC Ctr for the Arts	9:30 AM-6 PM	Sa
RP5701.522*	7-8 yrs	HC Ctr for the Arts	9:30 AM-6 PM	Sa

Winter Indoor Soccer League

4-8 yrs / 8 wks starting Jan 10 / \$77, *\$47, head coach's child

Boys and girls play soccer indoors while learning the basic skills of the sport. The Department forms the teams. Fee includes soccer jersey, socks and a participation trophy. (No team entries.) Sneakers and shin guards are required. This is a Sunday afternoon-only program. No weeknight practices. Volunteer coaches are needed and their child receives a discount. Registration deadline is December 11. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Harper's Choice MS / Noon-7 PM / Su

RP5702.601	4 yrs	RP5702.602*	4 yrs
RP5702.611	5-6 yrs	RP5702.612*	5-6 yrs
RP5702.621	7-8 yrs	RP5702.622*	7-8 yrs

Instructional Soccer League

5-10 yrs / 8 wks starting Sep 12 / \$76

First-time players or those wanting to improve their fundamental skills play small-sided games in this instructional league. Focus is on skill development through drills, game rules and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Shin guards required. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

5-6 yrs / Beginners

RP6702.501	Dayton Oaks ES	1-2 PM	Sa
RP6702.502	Guilford ES	1-2 PM	Sa
RP6702.503	Hollifield Station ES	1-2 PM	Sa
RP6702.504	Waterloo ES	1-2 PM	Sa

6½ yrs / Advanced-8½ yrs / Beginners

RP6703.501	Dayton Oaks ES	2:15-3:15 PM	Sa
RP6703.502	Guilford ES	2:15-3:15 PM	Sa
RP6703.503	Hollifield Station ES	2:15-3:15 PM	Sa
RP6703.504	Waterloo ES	2:15-3:15 PM	Sa

8 yrs / Advanced-10 yrs

RP6704.501	Dayton Oaks ES	3:30-4:30 PM	Sa
RP6704.502	Guilford ES	3:30-4:30 PM	Sa
RP6704.503	Hollifield Station ES	3:30-4:30 PM	Sa
RP6704.504	Waterloo ES	3:30-4:30 PM	Sa

Adult Leagues (18 yrs +)

Adult Soccer Leagues

Team registration only. Visit www.howardcountymd.gov/soccer.htm for information.

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

Softball

Western Howard County Youth Baseball & Softball League (WHCYBSL) Page 76

Adult Softball Leagues

Team registration only.

Info: www.howardcountymd.gov/softball.htm.

Tennis

- Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov. (unless otherwise noted)

Youth (3-18 yrs)

Play Time Tennis with Shantha Chandra

3-6 yrs / 6 classes, start dates below / \$62

Learn tennis and have fun with others while working on balance, agility, and reaction time. Bring a junior-sized racquet (size 19", 21" or 23"). Weekday classes have rain makeup on Fridays. Saturday classes have rain makeup on Sunday afternoons. Registration: 410-313-7275. (No class 9/5, 9/7.)

Cedar Lane Pk East – Tennis Courts

RP6847.501	Aug 29	8:15-9 AM	Sa
RP6847.502	Aug 26	10:15-11 AM	M & W
RP6847.503	Aug 27	1-1:45 PM	Tu & Th
RP6847.504	Aug 28	4:45-5:30 PM	F
RP6847.505	Sep 23	10:15-11 AM	M & W
RP6847.506	Sep 22	1-1:45 PM	Tu & Th

Parent/Child Tennis with Shantha Chandra

3-12 yrs / 6 classes, start dates below / \$85 per pair

Parents and children, learn how to work together to develop and improve tennis skills. Same parent should attend each week for consistency in learning. Saturday class rain makeup on Sunday afternoons. (No class 9/5, 9/7.)

Cedar Lane Pk East – Tennis Courts

RP6842.501	3-6 yrs	Aug 26	9:30-10:15 AM	M & W
RP6842.502	3-6 yrs	Sep 23	9:30-10:15 AM	M & W
RP6842.503	7-12 yrs	Aug 29	12:15-1:15 PM	Sa

Kiddie Tennis

5-7 yrs / 6 classes, start dates & prices below

Time for tennis! Players learn and practice basic tennis skills in this program taught by trained coaches. Classes include a variety of enjoyable drills and exciting games. (No class 9/7, 9/14, 9/23, 11/23-26.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Outdoors (60 mins) / \$47

RP6870.501	Atholton ES	Sep 21	5-6 PM	M
RP6870.502	Thunder Hill ES	Sep 8	5:10-6:10 PM	Tu
RP6870.503	Deep Run ES	Sep 9	5:10-6:10 PM	W
RP6870.504	Dayton Oaks ES	Sep 10	4:45-5:45 PM	Th

Indoors (60 mins) / \$47

RP6870.511	Jeffers Hill ES	Nov 2	4:40-5:40 PM	M
RP6870.513	Waterloo ES	Nov 4	5-6 PM	W
RP6870.514	Waverly ES	Nov 5	4:55-5:55 PM	Th

Indoors (55 mins) / \$43

RP6870.512	Meadowbrook Ath Comp	Nov 3	5:05-6 PM	Tu
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Junior GRIPS CHALLENGE

5-15 yrs / 5 classes, start dates below / \$112

This is a progressive 11-level tennis program that incentivizes and rewards kids for proving competency. Like karate, ability levels are rated and distinguished by colors - white grips are for beginners and black grips are for masters. Players receive a colored over-grip for their racquet which matches their current skill level. Games and drills conducted on court correspond with participants' grip color/skill set. This is a certified GRIPS program with officially certified GRIPS instructors. Players receive a password for access to their personal GRIPS web page where they are able to view tips, videos, drills and insights to further their tennis knowledge and gauge their progress relative to other players. Each player is required to participate in the free GRIPS skills assessment to establish baseline tennis proficiency and determine their starting grip level (color). Dates and times for the free assessment TBA.

RP6854.501	Junior Orange	Centennial Pk West	Sep 14	5:30-7 PM	M
RP6854.502	Junior Orange	Centennial Pk West	Sep 16	5:30-7 PM	W
RP6854.503	Junior Blue	Schooley Mill Pk	Sep 19	9-10:30 AM	Sa
RP6854.504	Junior Dark Blue	Schooley Mill Pk	Sep 19	10:30 AM-noon	Sa

10 & Under Tennis with Shantha Chandra

6-10 yrs / 6 classes, start dates & prices below

Drills, games, instruction and QuickStart tennis techniques designed by the USTA are used for beginning players to learn tennis fundamentals, balance and coordination skills. Saturday class rain makeup on Sunday afternoons. Bring a junior-size racquet (21" to 25"). (No class 9/5, 9/7.)

Cedar Lane Pk East – Tennis Courts

RP6840.501	6-8 yrs	Aug 29	9-10 AM	Sa	\$57
RP6840.502	6-8 yrs	Aug 26	5:45-7 PM	M & W	\$73
RP6840.511	6-8 yrs	Sep 23	5:45-7 PM	M & W	\$73
RP6840.503	9-10 yrs	Aug 29	10-11 AM	Sa	\$57
RP6840.504	9-10 yrs	Aug 26	4:45-5:45 PM	M & W	\$73
RP6840.513	9-10 yrs	Sep 23	4:45-5:45 PM	M & W	\$73

After-School Tennis

8-10 yrs / 6 classes, start dates & prices below

Have fun while you learn the basics or fine-tune your skills in this program taught by trained coaches. Classes include a variety of drills and games and an introduction to match play. Meet in front of school office; coaches escort players to tennis courts. (No class 9/7, 9/14, 9/23, 11/23-26.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Outdoors (60 mins) / \$47

RP6871.501	Atholton ES	Sep 21	3:50-4:50 PM	M
RP6871.502	Thunder Hill ES	Sep 8	4:05-5:05 PM	Tu
RP6871.503	Deep Run ES	Sep 9	4:05-5:05 PM	W
RP6871.504	Dayton Oaks ES	Sep 10	3:40-4:40 PM	Th

Indoors (60 mins) / \$47

RP6871.511	Jeffers Hill ES	Nov 2	3:35-4:35 PM	M
RP6871.513	Waterloo ES	Nov 4	4-5 PM	W
RP6871.514	Waverly ES	Nov 5	3:50-4:50 PM	Th

Indoors (55 mins) / \$43

RP6871.512	Meadowbrook Ath Comp	Nov 3	4:10-5:05 PM	Tu
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Tennis Excellence

8-10 yrs / 6 classes starting Aug 29 / \$80

This introductory tennis class uses QuickStart tennis nets to reduce the court size to help make the learning process easier and more enjoyable. Learn the forehand, the backhand, volleys, serving and scoring. Weekly games and drills help teach basic skills and create an exciting environment. Rain makeups added to the end of season. Instructor is Mike Brinsko. (No class 9/5.)

Centennial Pk West – Tennis Courts

RP6859.501	11:15 AM-12:30 PM	Sa
RP6859.502	12:30 PM-1:45 PM	Sa



Always show good sportsmanship on the tennis court.

Junior USA Team Tennis

with Shantha Chandra

9-14 yrs / 6 classes starting Aug 29 / \$81

Advanced beginner and intermediate players, refresh basic ground strokes, volleys, serving and scoring, then enjoy match-play tennis. Rain makeup dates are Sunday afternoons. (No class 9/5.)

RP6849.501	Cedar Lane Pk East – Tennis Courts	1:15-2:45 PM	Sa
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Tennis Elite

10-13 yrs / 6 classes starting Sep 1 / \$91

Designed for advanced beginners already able to consistently hit the ball over the net and ready to take their game to the next level with serves and match play. Includes refresher drills to help improve all facets of your game. Rain makeups added to the end of season. These courts have lights. Instructor is Mike Brinsko.

RP6860.501	Centennial Pk West	7-8:30 PM	Tu
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NEW! I Want To Play High School Tennis

10-14 yrs / 6 classes, start dates below / \$91

Designed for advanced beginners/intermediate players. Playing for your high school tennis team is one of the great life experiences. Prepare yourself to make the team through strong fundamental skill building, footwork and a great attitude. Play the 8-game pro set against players of similar abilities and learn to make adjustments in your game to play competitively.

Centennial Pk West

RP6865.501	Sep 17	5-6:30 PM	Th
RP6865.502	Sep 20	11:30 AM-1 PM	Su

Team Tennis/Match Play

with Shantha Chandra

10-18 yrs / 6 classes, start dates below / \$81

Players, you should have fairly consistent strokes with medium paced shots, be able to rally and serve from baseline and keep score. Players must have some knowledge of volleys and lobs. Teams are formed and each team plays matches against other team. Participants also learn doubles strategy. Instructor determines if this class is not appropriate after the first class. (No class 9/5.)

Cedar Lane Pk East – Tennis Courts

RP6858.501	10-12 yrs	Aug 29	2:45-4:15 PM	Sa
RP6858.502	11-18 yrs	Aug 28	5:30-7 PM	F

Tennis Lessons with Shantha Chandra

11-14 yrs / 6 classes, start dates below / \$57

Beginners and advanced beginners, learn and improve basic skills in a group and through match play. Learn consistent stroke production, baseline serving and volleys. Saturday class rain makeup on Sunday afternoons. (No class 9/5.)

Cedar Lane Pk East – Tennis Courts

RP6841.501	Aug 29	11 AM-noon	Sa
RP6841.502	Aug 27	6-7 PM	Tu & Th
RP6841.503	Sep 22	5:45-6:45 PM	Tu & Th

High School Development Team Tennis with Shantha Chandra

13-18 yrs / 6 classes, start dates below / \$81

Advanced beginners and intermediate players, improve basic skills, including volleys, serving, scoring and ground strokes. Participate in match play against players of similar ability.

Cedar Lane Pk East – Tennis Courts

RP6855.501	Aug 27	4:30-6 PM	Tu & Th
RP6855.502	Sep 22	4:15-5:45 PM	Tu & Th

Tennis Essentials

14-18 yrs / 6 classes starting Aug 29 / \$74

Want to make the high school team or improve your position? This beginner and advanced beginner level tennis program prepares you with the tennis skills you need for match play tennis. Learn how to hit forehands, backhands, serve, volley and score. Instructor is Mike Brinsko. (No class 9/5.)

RP6863.501	Centennial Pk West	1:50-2:50 PM	Sa
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Adults (18 yrs +)

• Info: Amy Patton, 410-313-4637 or
apatton@howardcountymd.gov.

Mom's Tennis Swings with Shantha Chandra

18 yrs + / 6 classes, start dates below / \$105

Learn the basics or fine-tune your game. Lessons include drills and match play. No babysitting available. Rain makeup dates are on Fridays. (No class 9/7.)

Beginners & Advanced Beginners / Cedar Lane Pk East – Tennis Courts

RP6848.501	Aug 26	11 AM-12:30 PM	M & W
RP6848.502	Aug 27	11:30 AM-1 PM	Tu & Th
RP6848.503	Sep 23	11 AM-12:30 PM	M & W
RP6848.504	Sep 22	11:30 AM-1 PM	Tu & Th
RP6848.505	Oct 12	11 AM-12:30 PM	M & W
RP6848.506	Oct 13	11:30 AM-1 PM	Tu & Th

Intermediate / Cedar Lane Pk East – Tennis Courts

RP6848.507	Aug 27	10-11:30 AM	Tu & Th
RP6848.508	Sep 22	10-11:30 AM	Tu & Th
RP6848.509	Oct 13	10-11:30 AM	Tu & Th

Sunday Swings with Shantha Chandra

18 yrs + / 4 classes, start dates below / \$71

Beginners, advanced beginners and intermediate and advanced players, learn and improve your skills through drills, small-group games and match play. Tune up drills with special emphasis on level of play for league players/ NTRP. (No class 9/6.)

Beginner & Advanced Beginner / Cedar Lane Pk East – Tennis Courts

RP6844.501	Aug 30	Noon-1:30 PM	Su
RP6844.511	Oct 4	Noon-1:30 PM	Su

Intermediate / Cedar Lane Pk East – Tennis Courts

RP6844.502	Aug 30	10:30 AM-noon	Su
RP6844.512	Oct 4	10:30 AM-noon	Su

Advanced / Cedar Lane Pk East – Tennis Courts

RP6844.503	Aug 30	9-10:30 AM	Su
RP6844.513	Oct 4	9-10:30 AM	Su

NEW! Strictly Doubles

18 yrs + / 6 classes, start dates below / \$102

Clinic format focusing on the nuances and strategies of playing doubles tennis. You work strategies such as when to poach; partner communication and signals; how to move on the court; positioning, strategy, shot selection and placement; one up one back; two up at net; and volleys, half volleys, lobs and overheads. Drills and strategy sessions are followed by game play.

Centennial Pk West

RP6845.501	Sep 17	6:30-8 PM	Th
RP6845.502	Sep 20	10-11:30 AM	Su

Tennis Lessons

18 yrs + / 6 classes starting Sep 19 / \$94

Whether you are looking to fine tune your skills or work on advanced tennis tactics, we have a program for you. These small group lessons are filled with instructional drills, fun games, and match play. Beginners focus on learning basic tennis strokes and techniques including the grip, groundstrokes, serves and volleys, plus movement and timing. The Advanced Beginner class improves on existing skills by working on consistency, ball placement and adding topspin to shots. Intermediate classes focus on advanced shot selection including the approach shot, slice and lob shots, along with strategic tips and match-play tactics. The intermediate class also includes weekly match play.

Centennial Pk West

RP6843.501	Advanced-Beg	8-9 AM	Sa
RP6843.502	Intermediate	9-10 AM	Sa
RP6843.503	Beginner	10-11 AM	Sa
RP6843.504	Beginner	11 AM-noon	Sa

Volleyball

Youth (6-16 yrs)

• Info: Carson Nickell, 410 313-4720 or
cjniickell@howardcountymd.gov.

Instructional Volleyball League

6-10 yrs / 8 wks starting Sep 19 / \$99

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through drills and scrimmages. The first 4 weeks are instructional practices, the final 4 weeks are games. Fee includes t-shirt.

Roger Carter Comm Ctr

RP5893.501	6-7 yrs Beginners	1-2:10 PM	Sa
RP5893.502	7 yrs Advanced – 9 yrs Beginners	2:20-3:30 PM	Sa
RP5893.503	8 ½ yrs Advanced – 10 yrs	3:40-4:50 PM	Sa

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



Learn to perfect your serve at our volleyball programs.

Volleyball Skills Development

8-14 yrs / 6 or 8 classes, start dates & prices below

Practice makes perfect! This program is for beginner players who enjoy this exciting sport and want to learn the basics. Players develop new skills and improve existing ones. Lessons emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn to pass, hit, set and serve.

8-10 yrs / 8 classes / \$125

RP5892.501	N Laurel Comm Ctr	Sep 14	6-7:30 PM	M
RP5892.502	Gary J Arthur Comm Ctr	Sep 9	6-7:30 PM	W
RP5892.503	Roger Carter Comm Ctr	Sep 10	6-7:30 PM	Th

8-10 yrs / 6 classes / \$95

RP5892.504	N Laurel Comm Ctr	Nov 9	6-7:30 PM	M
RP5892.505	Gary J Arthur Comm Ctr	Nov 4	6-7:30 PM	W
RP5892.506	Roger Carter Comm Ctr	Nov 5	6-7:30 PM	Th

11-14 yrs / 8 classes / \$125

RP5892.511	N Laurel Comm Ctr	Sep 14	7:30-9 PM	M
RP5892.512	Gary J Arthur Comm Ctr	Sep 9	7:30-9 PM	W
RP5892.513	Roger Carter Comm Ctr	Sep 10	7:30-9 PM	Th

11-14 yrs / 6 classes / \$95

RP5892.514	N Laurel Comm Ctr	Nov 9	7:30-9 PM	M
RP5892.515	Gary J Arthur Comm Ctr	Nov 4	7:30-9 PM	W
RP5892.516	Roger Carter Comm Ctr	Nov 5	7:30-9 PM	Th

Volleyball Performance Clinic with Columbia Volleyball Club

9-14 yrs / 14 classes starting Sep 14 / \$200

Join coaches from the Columbia Volleyball Club (CVC) and other top coaches in the area as they instruct players in the finer points of the game. This clinic is designed to aide players in fine tuning their volleyball skills to assist them in playing on their future high school and club volleyball teams. Don't miss out!

RP5892.541	Meadowbrook Ath Comp	7-9 PM	M & W
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Youth Volleyball League – YVL

(Formerly Meadowbrook Volleyball League)

10-16 yrs / 8 wks starting Sep 13 / \$130, *\$60, head coach's child

Experience the excitement and gain the skills necessary to enjoy this popular Olympic sport. Enjoy a "Good Sports" atmosphere and coming together weekly to learn and practice the fundamentals of the game. Our ASEP-Certified Parent Coaches provide a quality recreation environment for our players, parents, coaches and spectators. Weekly practices are scheduled between 5-9 PM on a weekday. Matches are on Sundays between 10 AM-4 PM. Players are placed on teams after a skills evaluation scheduled for September 13, time TBD. Specific details on one-hour matches/practice times are communicated after each season's skills evaluation. The YVL is for

novice to experienced players.

Matches: Meadowbrook Ath Comp / Practices: TBD

RP5891.501	10-12 yrs	RP5891.502*	10-12 yrs
RP5891.511	13-14 yrs	RP5891.512*	13-14 yrs
RP5891.521	13 yrs (adv)-17 yrs	RP5891.522*	13 yrs (adv)-17 yrs

Adults (18 yrs +)

Drop-in Co-Rec Volleyball

18 yrs + / 10 wks, start dates below / \$44

Join athletes of various skill levels for volleyball scrimmages. Games are self-officiated and site staff help form balanced teams. Driver's license required. Refer to the Get Active Package (page 9) if interested in playing more than once per week. Some gyms may be canceled by the third meeting due to insufficient registration or attendance. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP6901.501	Burleigh Manor MS	Sep 14	8-10 PM	M
RP6901.502	Burleigh Manor MS	Sep 17	8-10 PM	Th
RP6901.503	Forest Ridge ES	Sep 16	8-10 PM	W
RP6901.504	Rockburn ES	Sep 15	8-10 PM	Tu
RP6901.505	Meadowbrook Ath Comp	Sep 16	9-11 PM	W

League Refund Policy Page 73

Co-Rec Volleyball League

18 yrs + / 8 wks plus playoffs starting Sep 13 / \$220

The volleyball leagues play 6-on-6, with rosters up to 12 players. Schedule includes eight matches and all teams participate in postseason playoffs. Fee includes schedule, facility, awards and administration. Teams are required to pay game official fees of \$20 per team on the court at each match. Register by September 6; by July 26 to receive a 10% discount. Info, or if you are an individual looking for a team: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP5890.501	Roger Carter Comm Ctr	4-10 PM	Su
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Co-Rec Volleyball

55 yrs + / 12 wks starting Sep 29 / \$19

Join senior men and women of various volleyball skill levels for competitive and fun volleyball play. Previous volleyball experience helpful. The program meets twice per week. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP5592.501	Meadowbrook Ath Comp	10:30 AM-12:30 PM	Tu & F
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Wrestling

Howard County Vipers Wrestling

4-16 yrs / Dates & prices below

Learn valuable skills and techniques while participating in the Vipers Wrestling Program. The Vipers Program offers an opportunity to compete at a level which best fits each child's need. Vipers Wrestling offers 3 programming levels: (1) Clinic for the beginner in a non-competitive environment (1 practice per week, no weekend commitment); (2) Recreation for both beginners and intermediate level wrestlers in a semi-competitive environment (2-3 practices per week, matches on Saturdays); and (3) Travel for the advanced wrestler in a competitive environment (3 practices per week, matches on Saturdays and Sundays). Practices are at Howard County high schools. Visit www.howardcountywrestling.com for a complete list of locations and times. Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov. or www.howardcountywrestling.com.

County High Schools / Schools have different days & times / 6-9 PM

RP5950.501	4-8 yrs	Clinic	Nov 16-Feb 28	\$75
RP5950.511	6-15 yrs	Recreational	Nov 16-Feb 28	\$150
RP5950.521	7-16 yrs	Travel	Nov 2-Mar 13	\$175